THE FASHION ISSUE: SPRING/ /SUMMER '23

STYLIST

ISSUE 601
15 FEBRUARY 2023
STYLIST.CO.UK
£1.99

EVERY BODY DESERVES TO BE SEEN

Naked fashion is more than a trend, it's a reclamation

VISIT…

LANZAROTE

Caliente.COM

ALVA CLAIRE for MARINA RINALDI

MARINA RINALDI

FREE PEOPLE

FREEPEOPLE.COM/UK

STYLIST

ISSUE 601 ◆ 15 FEBRUARY 2023 ◆ STYLIST.CO.UK

News

17-23 STYLIST LOVES
We get tips on creativity from Michaela Coel, take selfies in the best restaurant bathrooms and pick out the best TV shows and films to watch now

Features

30 44% OF WOMEN WOULD CHANGE THEIR BOOBS IF THEY COULD
As new *Stylist* research reveals a complicated relationship with our boobs, we call for a reality check

29 "UKRAINE WILL NEVER BE THE SAME"
A Ukrainian news anchor reflects on a year of war

38 "I DON'T KEEP MY MOUTH SHUT"
Riverdale's Lili Reinhart on being labelled outspoken in Hollywood

Fashion & Beauty

43 MOST DESIRED
Prada's joyful Moon bag

44 FASHION RECLAIMED
Why naked dressing is so much more than a trend

57 HOW TO GET DRESSED TODAY
From the best basics to the hero pieces, here's your new-season uniform

67 FASHION INSIDER
The latest style news

70 NOW YOU SEE ME
It's time to champion bare skin and bold make-up

FASHION: POLLY KNIGHT PHOTOGRAPHY: THERESA MARX NAILS: JULIA HOPKINS USING DIOR, CHANEL AND LUXIO GEL

Jacket, £895, Simone Rocha (simonerocha.com); knickers, £22, Underdays (theunderdays.com); earrings, from £55, Yves Saint Laurent (4element.co.uk); shoes, £715, Giuseppe Zanotti (giuseppezanotti.com)

Every Issue

14 STYLE LIST
30 items for a stylish life

25 WORK/LIFE
Costume designer Patricia Field on her era-defining looks

27 HOME STYLIST
Fill your space with calm with azure blue interiors

37 ASK BILLIE
"Three people on my team at work went to Oxbridge and often try to trip me up by referring to facts I don't know. Do I confront them?"

78 5-MINUTE PHILOSOPHER
Mother Of Pearl founder Amy Powney answers our existential questions

ON THE COVER

Fashion: Polly Knight; **Photography:** Theresa Marx; **Hair:** Zateesha Barbour at LMC Worldwide using Dyson **Make-up:** Nancy Sumner at Eighteen Management using Dior Capture Totale Super Potent Serum and Dior Forever Foundation; **Fashion assistant:** Imy Moore; **Model:** Jay Jay Bol at Wilhelmina; **Jay Jay wears:** top, £380, Sportmax (sportmax.com); earrings, from £25, Pandora (pandora.net)

ROONEY **MARA** CLAIRE **FOY** JESSIE **BUCKLEY** JUDITH **IVEY** WITH BEN **WHISHAW** AND FRANCES **McDORMAND**

A FILM BY SARAH POLLEY

FROM THE PRODUCERS OF MOONLIGHT AND NOMADLAND

“ONE OF THE CINEMATIC EVENTS OF THE YEAR”
INDIEWIRE

★★★★★
EVENING STANDARD

“UNLIKE ANY FILM YOU’VE SEEN BEFORE”
VARIETY

★★★★
ROBBIE COLLIN, DAILY TELEGRAPH

“A BREATHTAKING ENSEMBLE”
THE WRAP

★★★★
TIME OUT

“AN INCREDIBLY POWERFUL STORY”
THE TIMES MAGAZINE

★★★★★
FLICKERING MYTH

WOMEN TALKING

BASED UPON THE BOOK BY MIRIAM TOEWS SCREENPLAY BY SARAH POLLEY DIRECTED BY SARAH POLLEY SOUNDTRACK ON UNIVERSAL MUSIC GROUP #WOMENTALKING

PREVIEWS FROM FEBRUARY 10 | IN CINEMAS FEBRUARY 17

© 2022 ORION RELEASING LLC. ALL RIGHTS RESERVED.

STYLIST

Address: 185 Fleet Street, London EC4A 2HS
Email: firstname.lastname@stylist.co.uk

Editorial

Editor-in-Chief: Lisa Smosarski
Editor: Alix Walker
Creative Director: Matt Phare
Deputy Editor and Photography Director: Tom Gormer
Assistant Editor: Lisa Harvey
Editorial Assistant: Holly Bullock

DESIGN
Art Director: Amber Sinclair
Senior Designer: Poppy Malby

FASHION & BEAUTY
Style Director: Polly Knight
Executive Fashion Director: Kitty McGee
Acting Beauty Director: Cassie Steer
Fashion Director-at-Large: Arabella Greenhill

FEATURES
Entertainment Director: Helen Bownass
Features Editor: Meena Alexander

PRODUCTION
Group Production Director: Amy Davies-Adams

STYLIST LOVES
Content Director, Email & Commerce: Gemma Crisp
Email Content Editor: Annie Simpson

ONLINE
Digital Content Director: Felicity Thistlethwaite
Executive Editor, Digital: Jazmin Kopotsha
Deputy Editor: Ellen Scott
Editor-at-Large: Kayleigh Dray
Features Editor: Hannah Keegan
Senior Digital Writer: Leah Sinclair
Digital Writer: Amy Beecham
Digital Writer: Lauren Geall
Fashion Editor: Naomi May
Social Media Director: Chloe Laws
Social Media Assistant: Zoë Daniel
Editor, Strong Women: Miranda Larbi
Chief Sub Editor and Food Editor: Jenny Tregoning
Sub Editor: Steven Cowan
Designer: Esme Marsh
Designer: Jessica Palencia

VIDEO
Head of Video: Scott Nelson
Producer/Editor: Melissa Clemence

Commercial

SALES
Publisher: Jhan Hancock-Rushton
Head of Investment: Tarun Naipaul
Head of Agency Sales: Rachel Flower
Business Director: James Delves
Client Manager-Homes & Interiors: Naomi Tuffery
Beauty Partnership Director: Katie Holcroft
Business Development Director: Hannah Coorg
Senior Digital Account Director: Arielle Bay
Commercial Systems Executive: Rebecca Dunning
Promotions Executive: Alejandra Amaya-Cabrera

STYLIST STUDIOS
Executive Director, Operations: Alexander Stanhope
Commercial Editorial Director: Susan Riley
Associate Insight Director: Alice Flannery
Head of Production: Sarah Adams
Commercial Editor: Amie-Jo Locke
Head of Digital Content: George Wales
Senior Campaign Producer: Sarah Jones
Senior Creative Strategist: Lydia Titman
Senior Creative Strategist: Sophia Haddad
Creative Strategist: Layla Faruque
Client Manager, Wellness: Savannah Parkinson
Art Director: Anna Brooks
Art Editor: George Ellison
Senior Designer: Jaime Lee
Senior Designer: Ana Znidarsic
Designer: Elise Pederick
Junior Writer: Madeleine Bourne
Junior Writer: Shade Owomoyela
Sub Editor: Martin Boon

EVENTS
Head of Events: Fiona McFarlane
Head of Retail: Kellyann Prior
Senior Events Manager: Rebecca Stanley

Circulation

Email: circulation@stylist.co.uk
Head of Print and Distribution: Sophie Dillon

Finance

Chief Finance Officer: Damien Barioz
Management Accountant: Charisse Stanio
Accounts address: DC Thomson, 2 Albert Square, Dundee,
DD1 9JQN

The Stylist Group Ltd

Chief Executive: Ella Dolphin
Managing Director: Sophie Robinson
Director of Health & Fitness and Consumer Revenues: Alun Williams
Senior Operations Executive: Susan Robinson

Editorial complaints

We are committed to journalism of the highest standards and abide by the Editors' Code of Practice which is enforced by the Independent Press Standards Organisation (IPSO). If you have a complaint, you can email us at readerseditor@stylist.co.uk or write to the Readers Editor at Stylist, The Stylist Group, 185 Fleet Street, London EC4A 2HS. It is our policy to publish clarifications and corrections when necessary and as quickly as possible. However, should you wish to take the matter further, you can contact IPSO at Gate House, 1 Farringdon Street, London EC4M 7LG; www.ipso.co.uk or email complaints@ipso.co.uk or call 0300 123 2220.

THE STYLIST GROUP

Average distribution: 363,141 (ABC period January-June 2022)

PHOTOGRAPHY: SARAH BRICK HAIR AND MAKE UP: LUCY RIDLEY AT S MANAGEMENT USING NARS MAKEUP AND MARIA NILA HAIR CARE

"WE'VE HAD ENOUGH"

"Thin is in." It is always hard to comprehend how powerful three words can be. Yet in this order, these tiny little words have the power to hurt, control and, I hate to say it, even kill. Together they undo decades of work attempting to liberate women from the oppression of diet culture and body shaming and with it the reduction of mental health disorders associated with appearance. So, to see these words strung out in news headlines across the world, summing up the 'big trends' from fashion month last autumn, was devastating. Instead of celebrating fashion's world-leading creativity, the suggestion was, once again, it was women's bodies that needed policing. That to be on trend we had to starve or mutate ourselves to fit in. It is fair to say Team *Stylist* exploded that day.

I have sat on the front row of fashion shows for over a decade and in that time have watched a positive evolution. Body shapes slowly morphed to reflect what we may see looking back from our own mirrors and models started to be more inclusive in other ways too – race, age and, on a few runways, visible disability, too. Tokenistic casting was replaced with something more authentic. Why then, in 2022, were we talking about women's bodies in the same way we'd talk about the cut of our jeans?

Like many women, *Stylist* has had enough. Which is why we are re-igniting our Love Women initiative – a campaign to ensure all women see themselves reflected authentically in the media they consume. As such, this is a Fashion Issue with a difference; a celebration not just of the industry we love but of the women it really is for. From our beautifully written cover story on why revealing our bodies is an act of self-love, to our Boob Positivity campaign in partnership with M&S, where our exclusive research reveals the complicated relationship we have with our breasts. Plus, we celebrate the most provocative trend of the season – naked dressing – the only 'big trend' that should have come out of autumn's catwalks.

Lisa Smosarski, Editor-in-Chief
@lisasmosarski

WE LOVE WOMEN

Four years ago, *Stylist* launched an initiative to challenge the way media speaks to women. Sick of the toxic messaging about how we should look and behave, we wanted real women to see themselves reflected in all their glory. Progress has been made: more brands are championing inclusivity and dropping problematic rhetoric. But there's still work to do, which is why Love Women is back, with a fresh focus on boob positivity, skin acceptance and hair equality. We Love Women, and we want all women to love themselves too.

READ MORE ABOUT OUR CAMPAIGN FOR BOOB POSITIVITY ON PAGE 30

LOVE WOMEN
44% of women would change theirs if they could...

LOVE
WOMEN

ELECTRONIC

ART DIR.: PAUL MARCIANO PH: VICOOLYA & SAIDA © GUESS?, INC. 2023
GUESS
GUESS.EU

THE
GREATEST
STORY EVER
WORN
LEVI.COM

Chapter 103

This is the true story of some very precious cargo. Of fishing boats sailing to the states in the 1970s and returning to Kingston with barrels full of blue jeans. Yes, the 501® jean arrived in Jamaica packed alongside rock 'n' roll records, Western films and as much American pop culture as a barrel could hold. But for all that was imported, what came next is the real story. Jamaicans exporting their style back to the world by the metric ton. A revolution that reverberated from the dance halls to every corner of the globe. And that's one influential island in the greatest story ever worn.

501® Levi's® 150th

150 YEARS OF THE 501® JEAN

THE ART OF MINIMAL

From precious metals to stacking rings, Pandora's amazing collection features everything we love about the minimal jewellery trend...

(Opposite page) Moments Studded Chain Necklace, £115, Treated Freshwater Cultured Baroque Pearl Hoop Earrings, £90; (above left) Signature I-D Open Bangle, £150, Crossover Pavé Triple Band Ring, £100, Sparkling Overlapping Ring, £80, Polished Wishbone Ring, £40; (above right) Moments Studded Chain Bracelet, £60, Sparkling Slider Tennis Bracelet, £55; (left) Pavé Link Earring, £35, Pavé Double Styling Link, £40

To shop the collection and explore all things minimal, visit pandora.co.uk

PANDORA

PHOTOGRAPHY: CATHARINA PAVITSCHITZ. STYLING: POLLY KNIGHT
MAIN IMAGE: TOP, HELLESSY (HELLESSY.COM). THIS PAGE: ROLL NECK TOP, WOLFORD (WOLFORD.CO.UK)

THE STYLE LIST

UP THE POUT

For a stamp of colour that feels lightweight, see Fenty Beauty's Icon Velvet Liquid Lipstick (£24, fenty.com).

SKY HIGH

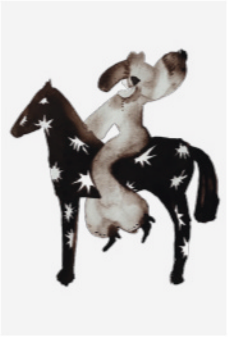
70s platforms are one of the comfiest (and chicest) styles of the season. This pair has big Studio 54 energy (£145, guess.eu).

TOP COAT

A faux-leather trench will see you through the season. Throw this classic khaki one over everything (£98, next.co.uk).

CASE CLOSED

Looking for a pill case that's stylish and shame-free? The Tabuu case is the answer (£18, wearetabuu.com).



GO WEST

Tuftluck's cool, cowboy-inspired rugs and art have caught our eye – like this watercolour print (from £45, glassette.com).

ON THE TILES

Meet Zelige: the handcrafted tile of choice thanks to its variation in tone and shine (£114 per m^2, mosaicfactory.com).

CHERRY PICKED

Mr Ford doesn't do things by halves, including this limited-edition eye colour quad in Electric Cherry (£74, tomford.co.uk).

STYLE DIRECTOR'S PICK

BAG FOR LIFE

IKKS' carry-all tote is stylish enough for the office, yet roomy enough for the kitchen sink (£365, ikks.com).

PRIME TIME

Practicality has never been more chic thanks to Tudor's chunky-yet-subtle silver watch (£1,930, tudorwatch.com).

SHORT STORY

Whether worn with a sheer top or oversized jumper, this Emporio Armani skirt is an all-weather staple (£250, armani.com).

IN BLOOM

For an elegant take on trending florals, wear Boden's paisley maxi dress under a knitted vest (£160, boden.co.uk).

UNDER COVER

Turn your Always Pan staple into a tagine with this Marrakesh-made lid in marbled clay (£75, fromourplace.co.uk).

SUNSHINE SCENT

With zesty grapefruit muddled with jasmine and patchouli, this candle has us longing for summer (£65, bellafreud.com).

BOX OF DELIGHTS

The Cohorted x Stylist Ready Set Glow beauty box boasts 15 complexion heroes worth £210 (£50, cohorted.co.uk).

GREEN DREAM

Inspired by Ancient Greek pottery, this glazed vase is the perfect spring centrepiece (£60, anthropologie.com).

30 LITTLE PICK-ME-UPS

THINGS TO HELP YOU LIVE YOUR MOST STYLISH LIFE

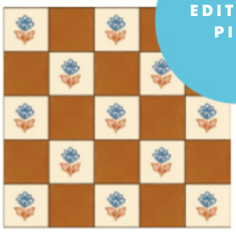
SERVE A LOOK

Bring a touch of Stockholm chic to your tables with Soho Home's Nordic plates (£65 for four, sohohome.com).

SMARTY PANTS

'Tis the season for neutral tones: style these Jaeger linen trousers with a zip-up top and blazer (£125, marksandspencer.com).

EDITOR'S PICK



ROLL WITH IT

Super chic wallpaper brand Ottoline is on every interior designer's wishlist (Indian Checks, £168 per roll, ottoline.co.uk).

SHINE ON

L'Oréal Paris Elvive Hydra Hyaluronic 8 Second Wonder Water conditioner promises serious shine (£11.99, boots.com).

BLOWING UP

This inflatable Longchamp X Fatboy glamping must-have is big on 90s nostalgia (£125, longchamp.com).

SO SMOOTH

Fable & Mane MahaMane Smooth & Shine Hair Oil is the perfect antidote to winter frizz (£34, cultbeauty.co.uk).

HATS OFF

This cap is the ultimate low-key accessory to top off spring's relaxed pastel tailoring and slouchy tees (£59, whistles.co.uk).

ALL FRILLS

We're here for everything cottagecore, especially when it's as optimistic as these gingham napkins (£8.99, hm.com).

IN THE CAN

Perfect on toast or open shelves, pretty tinned fish is the kitchen staple to stock up on (£45, the tinnedfishmarket.com).

BLUE RINSE

Pair Boss' tie-waist denim jacket with wide-leg jeans for an understated take on double denim (£239, hugoboss.com).

SAILOR STRIPES

John Smedley's Breton knit is the dictionary definition of a wear-forever classic (£180, johnsmedley.com).

BOTTLE IT

Swap celebratory champagne for British sparkling red: the toast of choice for 2023 (£55, ridgeview.co.uk).

BEAUTY DIRECTOR'S PICK

AND CHILL

Your skin called and asked for Stress Faace Daily Moisturiser: the does-it-all skin saviour (£34 wearefaace.com).

SMOKE SIGNALS

Fill your home with a heady mix of ginger and black pepper thanks to Tom Dixon's sleek incense set (£45, tomdixon.net).

WARM WELCOME

Christopher Kane's More Joy collection is mood-boosting homeware at its finest (£60, christopherkane.com).

COMPILED BY: LISA HARVEY

TUDOR

#BORN TODARE

What is it that drives someone to greatness? To take on the unknown, venture into the unseen and dare all? This is the spirit that gave birth to TUDOR. This is the spirit embodied by every TUDOR Watch. Some are born to follow. Others are born to dare.

TUDOR
GENEVE
CHRONOMETER
OFFICIALLY CERTIFIED
SWISS MADE

31 millimetre case

Snowflake hands
A hallmark of TUDOR divers' watches since 1969

***Manufacture* Calibre**
MT5201 with 70-hour "weekend-proof" power-reserve, silicon hair-spring and COSC-certification

Five-year transferable guarantee with no registration or periodic maintenance checks required

BLACK BAY 31 S&G

CAREER

HOW TO BE MORE MICHAELA COEL

As the multi-hyphenate joins forces with BMW to mentor new filmmakers, *Stylist's* Helen Bownass gets a creative masterclass

"Do not be afraid to disappear – from it, from us – for a while, and see what comes to you in the silence." I often think about this quote from Michaela Coel's rousing 2021 Emmy acceptance speech. The actor, writer and director, best known for *I May Destroy You* and *Black Panther: Wakanda Forever*, is one of the most successful, driven and innovative voices of our generation. She has an unparalleled power to communicate the feeling of being a woman and to force audiences to question the world. So when I learnt she was becoming a mentor, officially, I wanted to get in line. Coel, who will co-chair this year's Met Gala and star in Amazon's new *Mr And Mrs Smith* series with Donald Glover, is also collaborating on a new BMW filmmaking challenge, inspired by the all-electric BMW i7 ultra-wide rear passenger theatre screen, in partnership with the BFI. Five shortlisted filmmakers will receive a £10,000 budget to make a short film and – arguably the best part – mentoring from the award-winning visionary herself. Now, I'm no filmmaker (Ava DuVernay can breathe easy), but I did ask Coel to share her advice on creativity, which led to me downloading new apps to keep my winter brain from wandering, and more broadly reminded me not to be scared of bad ideas, as they could flourish. Here's what she had to say:

On finding creativity…

"I journal every day and write at least three pages [a practice from *The Artist's Way* by Julia Cameron]. You almost run out of thoughts but keep going until something comes – I'm often told, if you only have rubbish, write that, you never know what you might find. I also say to young people, go to free exhibitions to take in new stimuli or go for a walk and don't plan the route. Getting out of your routine can often spark something creative."

On staying productive…

"If I don't have any structure, sometimes that's fantastic, but after a while, I become good at doing nothing, so I need something else. I use Focus Keeper [an app where you work in timed 25-minute bursts] and have been toying with Endel [personalised sounds for focus], but that's making me fall asleep. Even someone else working on their laptop next to me regulates my behaviour so I'm [working] on my laptop, too."

On setting boundaries…

"Boundaries are very important to me, but I don't have a middle ground with setting them; I'm very extreme, I have not worked out how to play with the world as much as I'd like. Setting boundaries often starts with saying 'no'. And you have those people who need to learn to say no, but also another group that needs to learn to say yes, now and again."

On not worrying about being 'wrong'…

"I don't believe there's such thing as a bad idea; instead, I think we don't tend to our ideas as dedicatedly as we could, so they often don't flourish into what they could be. Every idea is an opportunity for greatness."

Michaela Coel will mentor five finalists as part of the BMW Filmmaking Challenge in partnership with the BFI, inspired by the all-electric BMW i7's ultra-wide rear passenger theatre screen. Visit bmw.co.uk/bmwfilmchallenge

KICKSTART YOUR
CREATIVE JOURNEY
WITH MICHAELA COEL

PHOTOGRAPHY: CHANTAL KING/DAVID BENETT/GETTY IMAGES

sky original

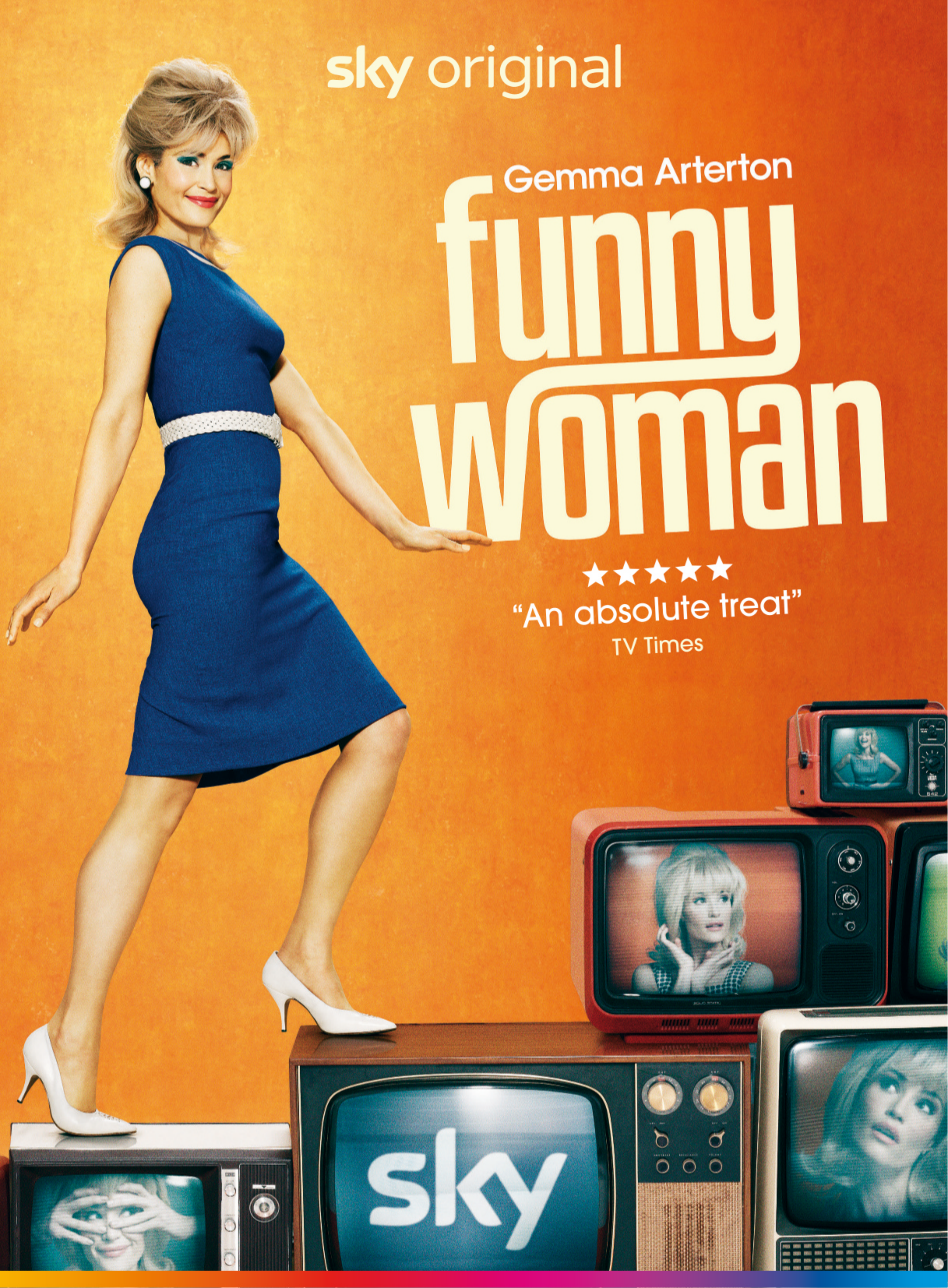
Gemma Arterton

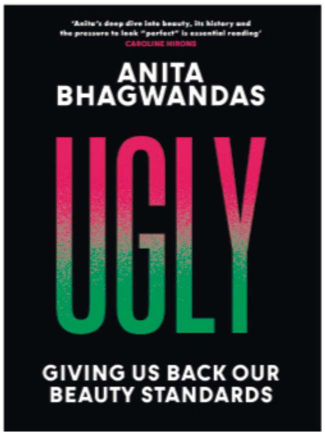
funny woman

★★★★★

“An absolute treat”

TV Times




'Anita's deep dive into beauty, its history and the pressure to look "perfect" is essential reading'
CAROLINE HIRONS
ANITA BHAGWANDAS
UGLY
GIVING US BACK OUR BEAUTY STANDARDS

Break free from beauty myths

***Ugly*, the revolutionary new book by former *Stylist* beauty director Anita Bhagwandas, has made us question everything we've learnt about beauty ideals. Here, she explains why a rethink is so vital**

1. ATTRACTION CON

"It's always stuck with me that Lisa, the one character of colour in *Saved By The Bell,* was the only person without a love interest. Writing a timeline of beauty influences helps identify where your ideals come from (and how subjective they are), but learning that appearance *isn't* the basis of my appeal helped me the most."

2. RETHINKING AGEING

"As soon as you hit adulthood, you're conditioned to believe that everything's about preserving your youth. It's why I freaked out about ageing when I hit 30. The best way to reframe this is to fill your life with brilliant women of all ages, whether through friendships, social media or the books that you read."

3. APPEARANCE BIAS

"It's easy to think someone's 'pretty', then jump to thinking they must also be clever, kind, capable – attributes we associate with prettiness according to studies. We need to be really aware of the bias that appearance can hold in every aspect of life; from hiring people to choosing friends, and actively try to counteract it."

***Ugly* by Anita Bhagwandas (£18.99, Blink) is out on 16 February**

Sign up to the Stylist Loves email for our edit of what to buy, see and do.

WORDS: SUSAN RILEY, HOLLY BULLOCK

OPENED IN 1998, BABINGTON HOUSE SET THE TONE FOR A NEW BREED OF COUNTRY HOUSE HOTEL

TRAVEL

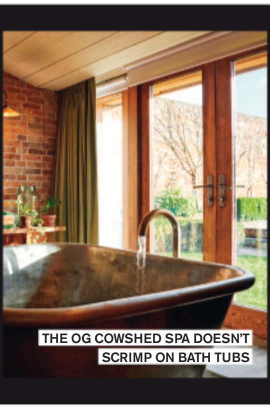
STYLIST TOASTS 25 YEARS OF BABINGTON

Stylist's Susan Riley visits the blueprint for cool country house hotels – and the birthplace of Cowshed – as Babington House rings in a quarter century

1998. The year *Titanic* won best picture at the Oscars, Lewinsky and Clinton got found out and Britney Spears released her very first single *Hit Me Baby One More Time*. It was also the year UK country house hotels got a major shake-up, with the arrival of Babington House – Soho House's second outpost (its first, in London's Soho, opened three years prior), which broke the mould for what discerning weekenders came to expect from an out-of-town retreat and paved the way for every Limewood, The Pig and The Newt that have wowed us since.

Twenty-five years later, and I'm crunching up the driveway of the Grade-II listed Georgian manor – it's tucked away in 18 acres, 30 minutes from Bath – to see if it's still got it. And I can confirm that it, and the exceptional blood orange trifle that I hoover up at dinner, very much has. From the laid-back luxe of its log room and library, and the twinkling lanterns that surround its chapel like a shimmering dot-to-dot to the quirky uniqueness of its 33 bedrooms (mine has a vaulted barn ceiling, with a staircase leading up to a bed in the eaves, which is a total surprise), there's something magically restorative about the place.

Babington is also where Cowshed spa was launched – so named because the eight treatment rooms were converted out of the old cowsheds there (and potentially also because the private soak room I went in had a bath so big it could easily house a cow). And Cowshed's original mission has never felt more now: to inject a little country calm into people's busy lives. Whether you get that via perfumer Richard Howard's mood-based products, or a pedicure overlooking the spa's Victorian walled garden, or – like me – by indulging in a signature Cowshed massage and slumping on a sofa afterwards, that's entirely your call.



THE OG COWSHED SPA DOESN'T SCRIMP ON BATH TUBS

Babington is a classic for sure, but despite reaching its quarter century, it's in no danger of getting old.

Members and non-members can book Babington House at sohohouse.com. Cowshed spas at Shoreditch House and Primrose Hill are now open to non-members

No7 No1 SERUM BRAND IN BRITAIN*

AGE DEFYING SKINCARE

No7
Lift & Luminate
TRIPLE ACTION
Serum
Clinically proven
SUITABLE FOR SENSITIVE SKIN
No7 Lift & Luminate
TRIPLE ACTION
Day Cream SPF 15 + 5★UVA
Suitable for Sensitive Skin

BETTER RESULTS TOGETHER

8/10 women saw better age defying results when using our day cream with our serum.**

Available at Boots

*Source: Kantar Total Market | GB | 52 w/e 30th October 2022 | Boots No.7 Value Share of Mass Female/Unisex Facial Serum. Email ukgb@boots.co.uk to verify. **Consumer study based on 106 women.

INTERIORS

THE BEST SELFIE-READY TOILETS

From mirrored cubicles to extravagant Grecian basins and disco lights a plenty, there's only *one* place for your next mid-dinner selfie. Team *Stylist* visited the most stylish loos in London to prove why you should always judge a restaurant by its bathroom...

THE GRECIAN MASTERPIECE: BACCHANALIA, MAYFAIR

Holly Bullock, editorial assistant

AT THE TABLE: From the same family as Annabel's and Sexy Fish, Bacchanalia is extra in every sense of the word. Waiters in togas serve up truffle tagliolini and crab risotto nero, surrounded by Damien Hirst sculptures, red velvet sofas and a glimmering gold bar. **THE LOO-DOWN:** Imagine the most ornate bathroom possible, add more gold, and you have Bacchanalia's loo. An illuminated stone basin offers an opulent hand-washing moment and a pearlescent floral mosaic covers the whole room. OTT, but what a place to pee. **FINAL VERDICT:** Prepare to feel like you've stumbled into a lavish ancient palace.

bacchanalia.co.uk

THE DISCO DREAM: JACUZZI, KENSINGTON

Meena Alexander, features editor

AT THE TABLE: No one does maximalism like Big Mamma, the restaurateurs behind Gloria, Ave Mario and now Jacuzzi, a townhouse plucked straight from *The White Lotus*. Expect the usual showstoppers – spaghetti al tartufo served in a wheel of parmigiano – alongside fresh oysters and lobster risotto. **THE LOO-DOWN:** Bedecked with disco balls, neon signs and flashing lights, you'll find more people dancing in the toilets than reapplying their Fenty Icon. The two-way mirrors that double as cubicle doors are particularly spicy. **FINAL VERDICT:** Jacuzzi's celebratory vibe makes for a feeling-your-selfie moment.

bigmammagroup.com

THE ELEGANT MUST-VISIT: THE NED, BANK

Esme Marsh, designer

AT THE TABLE: With seven restaurants and three bars, you're spoilt for choice at The Ned. Malibu Kitchen, with its sea bream-filled tortillas and zesty margaritas, was my highlight. **THE LOO-DOWN:** Down in the basement, past an impressive vault James Bond fans will recognise from *Goldfinger*, the grandeur of upstairs is replaced by a doll's house bathroom of powder pinks, vintage-inspired basins and retro checkerboard tiles, complemented by Cowshed soap and avalanche roses. **FINAL VERDICT:** Pile in with friends and perfect the most poised bathroom pic ever on the blush velvet conversation chair.

thened.com

THE MIRRORED WONDERLAND: NOPI, SOHO

Lisa Harvey, assistant editor

AT THE TABLE: A step up from Yotam Ottolenghi's delis, Nopi's shareable dishes – think courgette fritters, blood orange burrata and tahini aubergine – are some of the tastiest in London, served in its airy dining room under glowing bronze pendant lights. **THE LOO-DOWN:** Inspired by Alice In Wonderland, every surface is covered in angled mirrors, so stepping inside feels like walking into a surreal dreamworld. Bonus points for the handy 'out' sign on the floor that was added after visitors couldn't find the door. **FINAL VERDICT:** Like an upscale fairground attraction – and handy for checking your hair.

ottolenghi.co.uk

Are you a
Saltie Girl?

THE NEON HOTSPOT: SALTIE GIRL, MAYFAIR

Poppy Malby, senior designer

AT THE TABLE: Originally founded in Boston, Saltie Girl's new Mayfair location glimmers like a mermaid's tail of turquoise, gold and Tiffany blue. The sustainable seafood is equally magical: caviar gnocchi, New England lobster rolls and Cantabrian anchovy toast. **THE LOO-DOWN:** The navy stairs feel like you're travelling underwater, with the bathroom's coral wallpaper like a luxurious ship's cabin. The showstopper is a neon-lit mirror (above) for the ultimate ring light selfie effect. **FINAL VERDICT:** *The* spot for a glamorous girly dinner or date night with a bathroom that's just as much of a draw as the seafood.

saltiegirl.com

THE PINK POWDER ROOM: SPRING AT SOMERSET HOUSE

Polly Knight, style director

AT THE TABLE: Helmed by former Petersham Nurseries head chef Skye Gyngell, Spring, with its impressive high ceilings and elegantly pared-back decor, is a fashion favourite. The food is similarly refined: a rotating menu of seasonal dishes that pack a flavour punch. **THE LOO-DOWN:** For fans of rosy lighting and fresh flowers, Spring's bathroom is a serene haven. Marble basins topped with Wildsmith Skin handwash are flanked by bunches of roses, while the blush herringbone tiles will leave you with serious floor envy. **FINAL VERDICT:** Spring's soft glow and blush tones will make every photo feel rose-tinted.

springrestaurant.co.uk

COMPILED BY: HOLLY BULLOCK

Life a little eat, sleep, work, repeat?

You should

join our Home Visits team and mix it up a bit

As part of our mobile team, you'll be out and about providing eyecare for people who can't get to a store. So, if your days are a little repetitive, it might be time to visit specsaverscareers.com

Specsavers

ENTERTAINMENT

YOUR MONTH IN POP CULTURE

LIFE IS NOT AS PERFECT AS IT SEEMS FOR NEVE (ASHLEY MADEKWE) IN *THE STRAYS*

Stylist's entertainment director Helen Bownass on the best films and TV to feast on this month

THE STRAYS

FILM It might be unusual to begin a film review focused on the ending, but the final 25 minutes of new Netflix thriller *The Strays* were the most stressful I've had this year (and it's hardly been a calm start to 2023). Since watching it I haven't been able to shake the unease of this unique look at race and how shame and trauma seep through generations, like a dripping tap.

The story centres around Neve, a deputy headteacher played by Ashley Madekwe (also brilliant in *County Lines*), who has secretly reinvented herself from difficult circumstances. She hides her Blackness under wigs and changes the way she talks in order to 'fit' in with the wealthy white people around her. As her son Sebastian says: "She thinks she's white. Anything Black is off limits."

Life has a shiny veneer – also emphasised by the film's hyper-real, stylised version of English suburbia – until two shadowy figures from her past turn up and send Neve's new carefully constructed world spiralling. If it sounds like I'm being deliberately evasive, I am! The plot has been closely guarded, and I want you to experience Nathaniel Martello-White's remarkable directorial debut like I did: with no idea of where it's going and getting completely sucked in – and freaked out.

The Strays, which also stars Bafta award-winning Bukky Bakray, feels like several genres rolled into one – in a good way. It's a horror with echoes of Jordan Peele, it's a teen coming-of-age story and it's a tale of revenge and retribution. All that in just 99, very anxious, minutes.

Netflix, 22 February; sign up to The Watch List, our weekly edit of the best TV, films and more at stylist.co.uk

BETTER

TV Ready to fall for your next tough female detective? Leila Farzad (*I Hate Suzie*) plays DCI Lou Slack, a corrupt officer looking for redemption, in this five-part thriller.

On BBC iPlayer now

WOMEN TALKING

FILM Jessie Buckley, Claire Foy and Rooney Mara star in this Oscar-nominated film, by Sarah Polley, about a religious community rocked by sexual assault.

In cinemas now

YOU & ME

TV Can you find love after loss? So asks this fresh new drama, exec produced by Russell T Davies and starring Jessica Barden, Sophia Brown and Harry Lawtey.

ITVX, 23 February

DAISY JONES & THE SIX

TV We've been waiting for this take on Taylor Jenkins Reid's bestselling novel about wild singer Daisy (Riley Keough) and her sex, drugs and rock 'n' roll days with band The Six.

Prime Video, 3 March

müller

LIGHTEN
UP THOSE

müller
Light
Smooth Toffee
Serving Suggestion

WINTRY
NIGHTS

FIND YOUR FLAVOUR TODAY

WORK LIFE

A ONE-DAY DIARY FROM FLAT WHITE TO LIGHTS OUT

LOVE YOU
OBEY ME

PATRICIA FIELD'S INIMITABLE STYLING HAS CREATED MANY A CULTURAL MOMENT

Patricia Field, Costume Designer

Patricia Field, 81, is the Oscar-nominated costume designer behind the iconic fashion in Sex And The City, The Devil Wears Prada and Emily In Paris. She lives in New York City's Lower East Side

MY MORNINGS BEGIN WITH A CUP OF COFFEE.

In the film world, Mondays are the earliest start – usually around 6am – and timings skew later as the week goes on. Now, this might sound surprising, but I don't think about my outfit too much. I'll just grab something from my closet and go: my one rule is that I never wear dresses for work, I'm a pants girl.

MY LOVE OF CLOTHES STARTED EARLY.

My parents owned a dry-cleaning business when I was a kid. My dad died when I was seven, so my mum took it on alone; she was a real worker bee. She'd teach me about fabric and how to treat clothes, and at the same time I was developing my own style – my head-to-toe cowgirl outfit was a favourite.

I OPENED MY OWN BOUTIQUE WHEN I WAS 24.

I'd studied government and philosophy at NYU, but knew politics wasn't for me, so in 1966, after working in a few department stores, I found a little place I could afford and set up my first store in Manhattan's East Village. Little did I know it would kickstart a 50-year career in retail, with my final boutique closing in 2016. My stores became meccas for creative types: everyone from Andy Warhol and Keith Haring to Beyoncé, Cardi B and Lady Gaga would shop at Patricia Field.

COSTUME DESIGN CAME TO ME ALMOST BY ACCIDENT.

In 1987, I got a call from a friend working on a movie in Pittsburgh called *Lady Beware* that needed a costume designer, so off I went. *Sex And The City* came in a similar way: the pilot episode had a different costume designer, but it didn't work out. I'd dressed Sarah Jessica Parker on a previous project, so she brought me in to meet Darren Star [the show's creator] and was instrumental in me getting that gig.

MY JOB IS TO FIND FABULOUS PIECES THAT SUIT BOTH THE SCRIPT AND THE ACTOR.

I go to set of course, but my main work happens before filming starts. For a TV series, I'll have about four weeks to get everything together; for movies it's a little longer. Shopping takes up most of my time, and I'll go everywhere to find clothes – a thrift store, a designer store, a vintage store. It's the mix that makes things interesting. Then, I'll do a fitting with the actors, where I'll often customise garments on the spot. My favourite *Emily In Paris* look, for example, was a green Dope Tavio jacket that I cut down myself to fit Lily [Collins].

COSTUMES CAN'T BE TOO OF THE MOMENT; I WANT THEM TO BE ORIGINAL.

The white tutu in the opening credits of *Sex And The City* wasn't particularly trendy – it took a while to convince Darren – but when I found it in a five-dollar bin of sale items, I knew it would be timeless. With Sarah Jessica being a trained ballerina, she loved it too. It was the same story with Meryl Streep's white hair in *The Devil Wears Prada* – the male producers equated white hair with old ladies, but Meryl and I pushed for it; we knew how glamorous it could be.

PATRICIA'S FAVOURITE *EMILY IN PARIS* LOOK

MY OVERARCHING PHILOSOPHY IS: IF YOU FIND SOMETHING INTERESTING, CHASE IT.

It's what I've done my whole life. It could be a work experience, an outfit or a lover, but if it's interesting, you should take notice. Boredom is not my style.

MY DAY ENDS WHEN I'M SATISFIED WITH THE CLOTHES I'VE FOUND.

After work, I'll either go for dinner near my apartment with friends like Kim [Cattrall] and Darren or, if I don't have the energy, go straight home. I'll end the day by watching TV – *Emily In Paris*, of course – before going to bed.

Pat In The City **by Patricia Field (£20, HarperCollins) is out now**

WORDS: HOLLY BULLOCK PHOTOGRAPHY: JOHNNY ROZSA

loaf LIKE YOU MEAN IT

Beds, Sofas and Supplies for Champion Loafers

HOME STYLIST

FOR MORE INTERIORS INSPIRATION, GO TO STYLIST.CO.UK/HOMESTYLIST

AZURE COLLECTION, FROM £14, LE CREUSET (LECREUSET.CO.UK)

Into the blue

Punchy yet peaceful, this bold hue will make your space sing

Side table, £264.49, Trouva (trouva.com)

Paint in Cook's Blue, £54.50, Farrow & Ball (farrow-ball.com)

Tray, £73, Lamp LDN (lamplondonhome.com)

Alarm clock, £40, The Conran Shop (conranshop.co.uk)

Glasses, £45 a pair, MatchesFashion (matchesfashion.com)

Tile, £150 per m^2, Maitland & Poate (maitlandandpoate.com)

Footstool, £245, Squares & Things (squaresandthings.com)

Locker, £139, Mustard (uk.mustardmade.com)

Mirror, £150, John Lewis (johnlewis.com)

Love seat, £399, Dusk (dusk.com)

HACKNEY GARDEN
Boy Smells

Candle, £50, Cult Beauty (cultbeauty.co.uk)

Lamp, £220, Margaret Howell (margarethowell.co.uk)

COMPILED BY: TOM GORMER AND KITTY MCGEE

A tea break from the norm.

Every Superfuzion is a mix of vitamins, minerals and natural flavours.

fuzetea
fuzetea
fuzetea
COSTA
COSTA
COSTA

Citrus Zing fused with lemon & ginger green tea with vitamin C
3 kcal
Medium

Mellow Mango fused with mango & chamomile green tea with zinc
6 kcal
Medium

Spiced Apple fused with apple & cinnamon green tea with vitamin B6
8 kcal
Medium

COSTA COFFEE

Now Serving fuzetea

Adults need around 2000 kcal a day. For full calorie and allergen information, please visit www.costa.co.uk. Source of Vitamin C, Source of Vitamin B6, Source of Zinc. Enjoy as part of a varied and balanced diet and a healthy lifestyle. Subject to availability.

"Ukraine will rebuild, but life will never be the same"

When Marichka Padalko, 46, appeared live on TV to announce that Russia had invaded, she never imagined that a year later she'd still be reporting on the same war. As one of the few female news anchors to remain in Ukraine, here she reflects on a harrowing 12 months

24 February 2022. It felt like the day I'd spent my entire career preparing for. I was due to work the morning shift on 1+1, one of Ukraine's biggest news channels, but I was up earlier than my usual 4am start watching Putin's address to the nation, announcing a military operation in Donbas, eastern Ukraine. I had a feeling this 'operation' would be much more widespread, and Instagram became my eyes on the ground that morning. I asked people to tell me what was happening in their cities, and received reports of explosions all over the country. A few minutes later, I heard the first missile hit Kyiv. That's when I understood that this was not a localised operation. I headed straight to work and I went live – with no scripts or prompters – to announce that war had begun.

THE WAR IN UKRAINE IS APPROACHING ITS ONE-YEAR ANNIVERSARY

I was on air for seven hours that day and I can't recall much else. It's a blur, but I do remember that work distracted me from my fears. In the back of my mind, I knew that as soon as I got home, my husband would have to leave – he'd signed up for the army long before the invasion. I had 15 minutes to say goodbye to him, and I cried more than I ever have before or since. Two days later, 26 February, was my birthday, my husband's birthday and our wedding anniversary. It was the first time we'd been apart on that important day: I spent the morning at work, reporting on the escalating war, and the night – as many Ukrainians did in the days before bomb shelters were formalised – sleeping in my bathroom because it was the only room without windows. My husband spent it on the front line. At that point, we hoped it would all be over by summer, because wars this intensive cannot be long – or so we thought.

Now, I take each week as it comes – it's the only way to survive. I don't know what I'll be doing on 26 February this time around but, after a year of war, I do know that Ukraine will never return to the way it was before. Yes, we will rebuild and we will be prosperous again but, emotionally, life can never be the same. My husband, my three children and I used to be a family of five having a wonderful time together, and now we're splintered. I am in Kyiv with my 15-year-old son, my two daughters [aged 12 and 14] are safe in Prague – I visit them once every six weeks – and my husband is still away fighting. We have family calls every night, but it's hard for everyone, even my daughters. Just because Ukrainians have moved away from the war doesn't mean they haven't taken it with them.

In Kyiv, there can be up to six air alerts a day: it's part of life now. At work, we have a back-up studio in an underground parking lot we can relocate to if the sirens go off while we're live, but everyone has their own rules and way of dealing with the threat. Some people say: "Well, if it's my destiny to die today, then OK," and just close their curtains, others will only go to a bomb shelter after they've heard the third explosion. I can see people are exhausted. My job as a news anchor is very similar to the way it used to be, but there's a curfew in Kyiv between 11pm and 5am, which means that when I have a night or morning shift I can't go home, so I'll stay in our underground studio. My colleagues and I sleep in sleeping bags, then just wash our faces, brush our teeth and go live on air.

When people ask me why I've stayed in Ukraine, the answer is easy: I never *wanted* to leave. I feel blessed to have this responsibility to guide people through the news, and to have some influence on what is going on. Yes, sometimes it's hard, but I think: what about doctors? What about soldiers? They also need to take rests – and yet they can't. Like so many other Ukrainian women, I just keep on going and doing my job. What else can we do?

Thanks to social media, TV no longer has a monopoly on information; the reason people watch us is because they want to see a familiar face, to see that we are human and we can also be upset. It makes everyone feel better, and shows that it's OK to be emotional, so I've never thought that I have to play a role or put on a front. And we're not sat being miserable all the time, there are happy moments, too – like the evening Ukraine won Eurovision. Of course, I have my own personal worries: I know I won't be able to stop my son from joining the army when he is 18 so, for me, it's very important that we don't negotiate a fake deal with Russia, a temporary peace. It's bad enough that this is my husband's war, I don't want it to be my son's war too.

MARICHKA PADALKO HAS BEEN GUIDING THE COUNTRY THROUGH THE CONFLICT

Even during terrible conflict, there is always something that no one can kill: there is always hope. I was the first person to announce the war on TV in Ukraine, and I plan to be the first person to announce that Ukraine has won. That is my biggest dream.

Help people affected by the conflict to access essentials such as food, primary healthcare and mental health support by donating to the DEC Ukraine Humanitarian Appeal; dec.org.uk

PHOTOGRAPHY: GETTY IMAGES

44% of women theirs

With new research shedding light on our complicated relationship with our boobs, *Stylist* is determined to stamp out the shame

WORDS: MEENA ALEXANDER

LOVE WOMEN
STYLIST × M&S

would change if they could...

"Are my nipples *supposed* to look like this?" I blurted out to the female GP I'd just flashed during a routine contraception appointment. As an insecure teenager convinced that my body was the weirdest thing to walk the Earth, most of my angst was reserved for my boobs. Bigger, droopier and far less symmetrical than the pairs I saw on TV and in the magazines I treated like bibles, I was sure they weren't normal. Even when I grew up and shook off some of my more juvenile beliefs (see: crimped hair looks cool) the feeling of shame about my boobs stuck fast – I'd recoil anytime a friend mentioned how big they were, disappointed that my minimiser bras and too-tight crop tops hadn't made them completely invisible.

It turns out the odds were always stacked against me: in a recent study of 18,541 women from 40 different countries with an average age of 34, women in the UK came out on top as most unhappy with their boobs. This doesn't come as a huge surprise since "my boobs look weird" and "I wish I had *your* boobs" are sentences I still say and also hear regularly – from self-conscious friends in changing room cubicles to the complete stranger I met at a party who suddenly disappeared to change out of her halterneck. Our insecurities vary, but it seems we're all listening to the same backing track of self-judgment.

FASHION TRENDS PLAY A PART IN HOW WE VIEW OUR BODIES

Stylist commissioned its own research, in collaboration with M&S, into women's relationships with their breasts, to get to the root of this shame. Once again, the evidence of our hang-ups stacked up: just 17% said they really liked their boobs and more than 50% wished they were either bigger or smaller. Crucially, lots of people pointed out that their insecurity wasn't necessarily a personal issue easily plastered over with a dose of self-love, but a byproduct of the unrealistic beauty standards that still surround us. The top two things they said would help them feel more confident? Underwear and clothes made for real bodies, and seeing more boobs that looked like theirs.

It makes sense when you consider how rare it is to see a pair IRL other than our own. Unlike other European countries, where topless sunbathing and sauna culture mean women of all shapes, sizes and ages regularly bare their boobs in public, in the UK it's still classed as public indecency. Why? Blame the patriarchy, argues Professor Joanna Bourke, the esteemed historian behind Gresham College's lectures on the history of breasts. "Today, men retain the right to walk around topless but in the UK the female breast remains taboo in public places," she says. "Unlike those in continental Europe, Britons are pretty alarmed by breasts." This sexist stigma is a hangover from the Victorian era, when necklines crept up to the chin and any suggestion of female sensuality (even riding astride a horse) was frowned upon. Fig leaves were added to cover breasts on statues, wealthy women avoided breastfeeding by hiring wet nurses – and today we're clearly still paying the price of all this internalised shame.

POPULAR CULTURE CAN SET UNREALISTIC PHYSICAL IDEALS

Framing breasts as forbidden fruit rather than, you know, simply body parts, is yet another setback we can charge to the male gaze. As Bourke says, "The censorship of female breasts perpetuates heterosexual men's definition of eroticism." Highlighting how reductive this is for women, she cites fellow scholar Brenna Helppie-Schmieder. "When eroticised body parts develop into the eroticisation of a whole group of people, there is a danger that the group's sexuality overshadows other aspects," she says. In other words, to demand that women hide their boobs in any context other than sexual, and only when men say so, has meant we don't get to decide when we're objects of desire and when we are simply existing. It's a confusing double bind that we learn early: I remember the tween realisation that my body was starting to look different – and be looked at differently – to boys, and the grubby feeling that crept across my skin the first time I noticed eyes lingering on my growing chest. It's infuriating to look back and realise that before I'd even had my first kiss, such an intimate part of me had begun to feel like public property.

"MEN WALK AROUND TOPLESS BUT IN THE UK THE FEMALE BREAST REMAINS TABOO"

CHIDERA EGGERUE LAUNCHED THE SAGGY BOOBS MATTER MOVEMENT

Sheer sexism isn't the only thing influencing our relationship with our boobs – fashion, of course, plays a big part too. If you came of age in the era of Kate Moss and her svelte cohorts you might have worked hard to hide yours behind 90s shift dresses, only to start hoarding push-up bras and waist-cinching belts the moment the millennium turned and a bustier shape was in vogue. Slowly but surely, though, a shift is taking place as we acknowledge that all bodies deserve to be seen and all women deserve to enjoy fashion in the same celebratory way (see our Fashion Reclaimed feature on page 44). We can only hope the rise in body-confident dressing will help us throw off a discomfort with this part of our bodies that's been lingering for centuries.

Dr Kata Kyrölä, a lecturer in cultural studies at UCL, argues the shame is so entrenched because UK culture places so much emphasis on bodies as signs of our overall desirability, success and health – things that, actually, cannot be quickly 'read' based on someone's body. "[It's why] boobs are culturally charged for ciswomen and transwomen as a sign of femininity, validity and desirability," they say. "And it largely comes down to the fact that we just do not see enough different kinds of boobs, breasts or chests celebrated as sensual, desirable and valid in the media. This lack of variety also has to do with the double standards on social media platforms, which have restrictions on showing nipples that appear on bodies understood as women – and that in turn restricts peoples' bodily freedom and sexual expression."

All of this is, obviously, exhausting. Though we had flickers of hope in the sexual liberation movements of the 60s and 70s, in 2023 we're *still* told to 'wear bras so your boobs look attractive, but don't show too much or you're 'asking for it'. That 'breast is best, but don't breastfeed in front of *us*, it's uncomfortable.' 'Keep your body hidden unless it meets our standards, and only when we say so.' *Enough*. Women are fed up of playing by the rules in a game we cannot win and we're fed up with trying to fit an ideal that keeps us criticising what is healthy and perfectly normal in pursuit of what is perfect.

Hope is growing. Our collective anger is sparking change: first came Free The Nipple in 2014, a global campaign challenging sexist double standards which just last month influenced the Meta advisory board to contest the rules banning bare-chested images on Facebook and Instagram. We heard the rallying cry of #SaggyBoobsMatter from Chidera Eggerue, who called time on the unrealistic expectations put on our breasts (that they should defy the laws of physics, for one) and inspired women to be loud and proud about their cleavage. Now, *Stylist* is taking up the mantle in collaboration with M&S (a natural fit since it's the brand that gave many of us our first boob-positive experience with its bra-fitting service) as part of our Love Women campaign to ensure all women feel supported and seen. We want to push for representation of *all* boobs, alongside more conversations about the real experiences and feelings women have about them.

The fact that 44% of us are going through life – getting dressed, going out, getting naked – all while feeling uncomfortable with the way our boobs look is unacceptable. Something needs to change. For the 33% of women who wish their boobs were a different shape. For the 18% who wish theirs were bigger, and the 26% who wish theirs were smaller. *This* is why we're championing real boobs – boobs that bounce, that droop, that have scars, that have wrinkly skin, that have survived breast cancer, that have fed children – being shown in media, in advertising, walking down the street in clothes that don't shroud them, hide them or apologise for them. Only then will we change those shocking statistics. Only then will women like me be able to stand in front of a mirror and realise that no, our boobs aren't wrong. They're ours.

Every pair is unique, so find your perfect fit with the M&S BraFit service at marksandspencer.com

HOW DO YOU FEEL ABOUT YOUR BOOBS?

That's what the Stylist team has been asking each other in the office. Here we doodle our breasts and share what they mean to us

"Small enough to fit into champagne coupes!"
Poppy, senior designer

"I used to wish they were smaller; now I'm not so fussed"
Holly, editorial assistant

"I didn't trust they'd be able to feed a baby but now I'm more grateful for them"
Cassie, acting beauty director

"ALL I wanted as a teen was bigger boobs. Now I've made my peace with them"
Amy, group production director

"They're the one thing on my body that I'm conscious of; I would love to love them"
Polly, style director

"I love them, but one has always been bigger than the other"
Amber, art director

"I've gotten to know, like and appreciate them better"
Lisa, assistant editor

"Completely neutral – I don't like or dislike them"
Kitty, executive fashion director

"My boobs have always caused me grief, to be honest"
Kayleigh, digital editor-at-large

"Sexy or unnecessary? Thankful because they are healthy, though"
Jessica, digital designer

"Small. Healthy. Don't droop. I can't (and will never!) knock them"
Susan, commercial editorial director

The beauty of boobs

***Stylist* has joined forces with M&S to celebrate the relationship we have with our boobs and bras. Here, three women share why they love theirs…**

SOPHIE LOUISE HUGHES (@SOPHWITHLOVE)

"I started modelling at 15. At that time, I was a size six and I had a really unhealthy relationship with my body. Everything changed in 2016 when my nephew Oscar was born with biliary atresia – a condition which meant he needed a new liver. After a series of tests, I underwent surgery and donated part of my liver to save his life. The operation was a success, but I was left with a seven-inch scar on my stomach. After the surgery I gained weight quickly and my boobs ballooned. Looking back, I couldn't accept that my larger breasts were part of my recovery. There's so much going on mentally and physically after such a huge procedure that challenges your sense of identity. It was only when I got scouted again, this time as a curve model, that I fully embraced the beauty of my boobs. I also now appreciate how important it is to have a bra that fits me properly. I truly believe that having your boobs regularly measured is an act of self-care. I now see my body, my boobs and my scar, as symbols of love rather than imperfection. Isn't it incredible what our bodies can achieve? I feel so confident and proud of the skin I'm in."

M&S Body, Flexifit Non-Wired Full Cup Bra, £22

KAZ FONCETTE (@KAZFONCETTE)

"I had breast cancer twice before the age of 35. The first time was in 2017 and I went through an intense 15 months of treatment. Luckily, they were able to just remove the lump and the affected tissue. I was diagnosed again in 2019. This time I underwent breast reconstruction instead. The thing I love most about my boobs is that they don't give away the fact that I've had breast cancer. When I'm in lingerie that I love, I feel empowered. A well-fitting bra makes me feel confident, comfortable and cancer-free. When I first had chemo I never thought I'd be able to feel good again. Despite everything, I feel like I love my body more. I now use my experience to help other women gain perspective on their diagnosis. That's why I founded Wigs For Heroes – a charity that's dedicated to supporting people undergoing cancer treatment in the local community. I feel blessed to have this wisdom that I can pass on to others."

M&S Rosie, Silk & Lace Non-Wired Bra A-E, £29.50

PHOTOGRAPHY: YUVALI THEIS STYLING: AMY ROZIER-HOPE HAIR & MAKE-UP: JESSE WALKER

PENNY WHITTINGHAM (@PENNYFROREAL)

"My mental health deteriorated during the pandemic and I sought help. During this time, I went from constantly seeking validation from everyone else around me, to seeing my body as secondary to my recovery. I realised that while my body had changed – my boobs had grown from a D to G cup, and I was now a size 16-18 – I felt happier than ever. There's this perception in society that being 'skinnier' makes you more confident. As women, we're taught to lose weight and fit back into sizes we once were – without acknowledging that it's normal and healthy for our bodies and our boobs to grow with us. Acts of self-care are important in helping to embrace this idea, and wearing clothes and lingerie that make you feel your best is an act of self-care in itself. The right bra size will transform how your body looks and how you carry yourself, especially as a plus-size woman. The realisation you can just buy the size that fits properly and looks great is liberating. I'm now proud to say I love my body. My saggy boobs are just a part of me, and I love the way they are."

M&S Collection, Lace Non-Padded Bralette F-H, £20

Love your boobs

Find the perfect fit with M&S

A recent survey revealed that 80% of women are wearing the wrong size bra – the experts at M&S are here to help. There are three appointment types – online, in-store or by video call – all free.

Scan the QR code to book your free M&S bra fit

M&S

Ask Billie

STYLIST'S COLUMNIST BILLIE BHATIA ANSWERS **YOUR** QUESTIONS

Q "Three people on my team at work went to Oxford/Cambridge universities and I didn't do any higher education. I often feel like they're trying to trip me up by referring to books or facts that I don't know. I'm good at my job, I work hard, but this gets under my skin. Should I confront them?"

A Intellectual snobbery is alive and kicking. I know this because I have grown up with it, and to my shame, have taken part in it too. So, before I give you any advice on how to treat this behaviour, you need to consider why your colleagues are doing this. In my experience, there are a few tell-tale signs.

My dad, a high-flying lawyer, values intellect over all else. In retrospect I can see this stems from a desire to belong. He came to England aged five, unable to speak English, and he wanted to fit in. He thought being the smartest, commanding a language that wasn't his native tongue better than most, would prove he belonged. He rarely got involved in chatter about our days at school, or how we were feeling, but if I told him I'd learnt about Icarus and the sun or showed him that I could recite Wilfred Owen's *Dulce Et Decorum Est* off by heart, I had his unwavering attention. He was (and still is) buckets of fun and I knew intelligence was the key to getting quality time with him, so I served it up on a platter.

Growing up, brainpower was my defence mechanism. As a fat child with frizzy hair and brown skin, attacks on my appearance were plentiful. I would kick back at bullies by saying, "I might be fat, but you will never get 100% in an exam like me!" (High brow, I know.) The more I understood the power of impressing people with intellect, the more I weaponised it.

In certain situations, I became the bully. I kicked my own sister out of Harry Potter club for not reading the books quickly enough, and not being able to recount niche facts at any given time. My dad and I would giggle together in the corner when we knew something she didn't. We excluded her to make ourselves feel bigger and better.

Countless times in my 20s I used my smarts to make myself seem more attractive and, shamefully, others less so. I was never going to be the prettiest person in a room, so I employed the only arsenal I had – showboating things I knew that would be impressive and, on more than one occasion, putting someone else down.

This is undeniably bad behaviour, but what I think you need to take from your situation is that it says more about your colleagues than it does about you. Their elite education might well be their pinnacle because their self-worth is now wrapped up in that experience. They are unable to embrace and accept that there is more to a person than the institutions to which they have belonged and deliberately excluding you from the conversation is a reflection of their own insecurity.

My mum beats my dad tenfold in emotional intelligence and common sense – she is incredibly logical and resourceful, wildly creative and more organised than a Filofax, but they don't give degrees in that from Oxford and Cambridge so some people will forever think she is less than.

My advice is to ask yourself why you care. Do you want the validation of people who are so blinkered by their own egos? When you have achieved as much as they have without being part of higher education, can you brush off their ill-disguised insecurity? I'm sorry you've been made to feel less than, and I'm sorry I've been part of the problem. Whether you decide to say, "Hey, no one cares about Caecilius, please can we chill on the Oxbridge chat?" Or ignore their pathetic attempts to bring you down, know that it's because they feel threatened by you. And regardless of all else, celebrate that you are impressive on your own merit.

Ask Billie anything on Instagram, @stylistmagazine

I'M OBSESSED WITH...

The perfect trench coat does exist and can be found at H&M (sizes XS-4XL). Wearing this with everything to make me look much more put together than I actually am.

£39.99, H&M (hm.com)

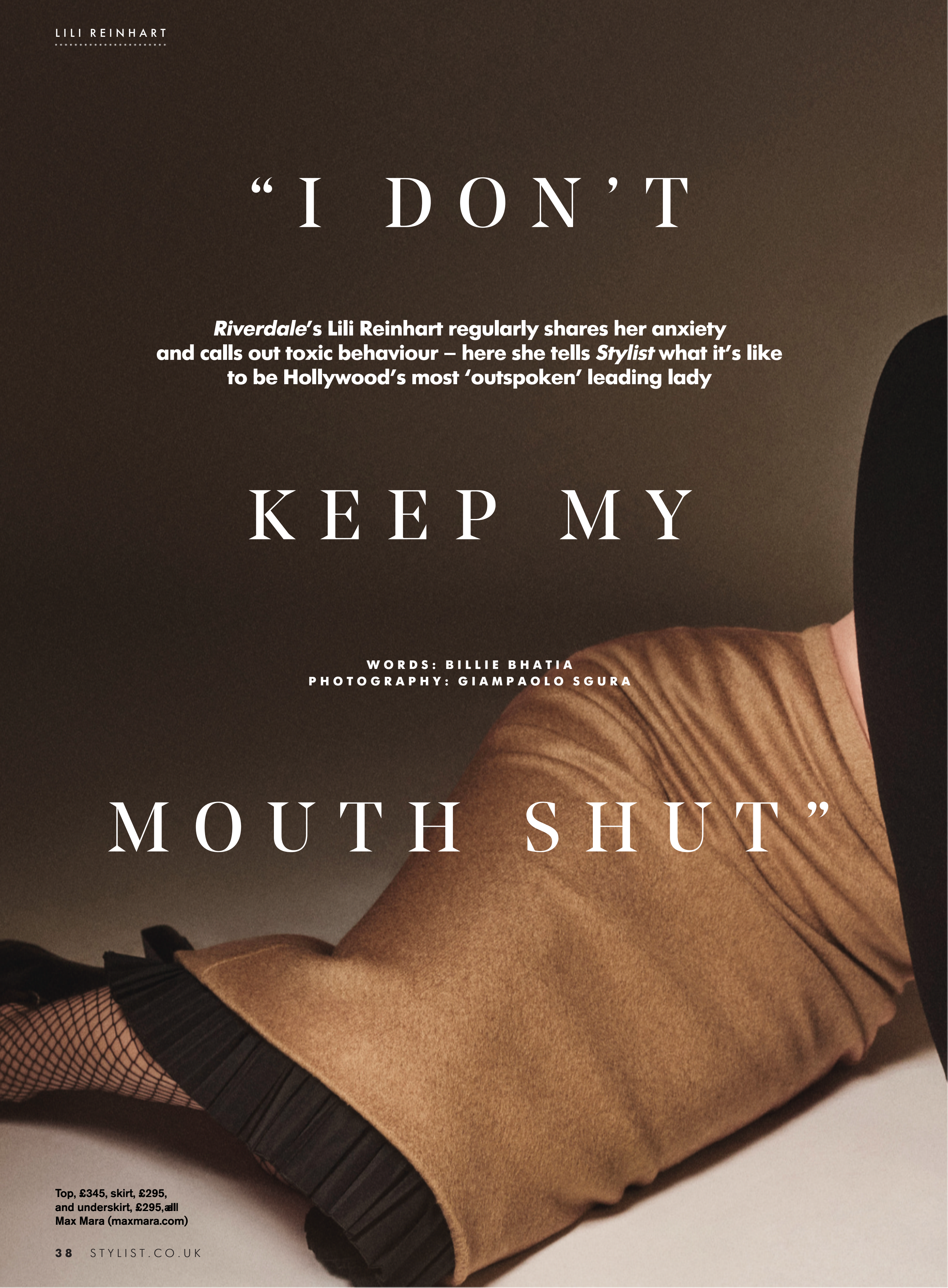
Roasted confit garlic (£2.30, sainsburys.co.uk). The cooking staple I didn't know I needed. Trust me, soups, sauces and toast will never be the same again.

Beauty Pie's Lash Fuel Advanced Peptide Serum, £19.50 for members, is the real deal, adding volume and length to my stubby lashes.

Advanced Peptide Serum
LASH FUEL

After seeing Kentucky country music artist Tyler Childers play a show in Islington earlier this month I am more in love than ever. Listen to *Lady May* on his 2017 album *Purgatory* and DM me your thoughts.

PHOTOGRAPHY: SARAH BRICK HAIR AND MAKE-UP: PATRIZIA LIO AT S MANAGEMENT USING KEVIN MURPHY AND NARS



"I DON'T KEEP MY MOUTH SHUT"

***Riverdale*'s Lili Reinhart regularly shares her anxiety and calls out toxic behaviour – here she tells *Stylist* what it's like to be Hollywood's most 'outspoken' leading lady**

WORDS: BILLIE BHATIA
PHOTOGRAPHY: GIAMPAOLO SGURA

Top, £345, skirt, £295, and underskirt, £295, all Max Mara (maxmara.com)

If the walls of West Hollywood's crumbling (but impossibly chic) Sunset Tower Hotel could whisper, they would fill books with scandal, intrigue and salacious gossip. During my brief stay, I overheard mumbled nuggets from producers, casting agents, actors and, my personal favourite, a young Brit who had moved in for three months because the shower in his apartment had a leak. Among the hushed conversations however, Sunset Tower was ironically housing a guest who has amassed a reputation for speaking up and speaking out.

I first came across Lili Reinhart – not on TV but on Instagram – in 2018, when a clip of her passionately speaking out about body image and the industry's toxic beauty standards at American *Glamour*'s Women of the Year Summit landed on my phone. "My point is, I didn't think anything was wrong with my body until I was in an industry that rewards and praises people for having a smaller waist than I will ever have. It felt unfair to think that I would never have an industry-perfect body, just because I wasn't genetically built a certain way." These words, coming out of a young person's mouth, stopped me mid-scroll, and by the end of her speech I was in tears.

Four years later, the Cleveland, Ohio native has amassed an impressive CV. Most of her fans will know her from her breakthrough role as Betty Cooper in the hugely successful *Riverdale* series, or from Netflix romantic comedy *Look Both Ways*, or from her memorable part in *Hustlers* alongside Jennifer Lopez, Lizzo and Cardi B to boot. Off screen, Lili is the author of a book of poetry, *Swimming Lessons*, the CEO to her own production company, Small Victory Productions, and most recently the recipient of Women in Film's Max Mara Face of the Future Award. But beyond those accolades, it's the 26-year-old's emotional intelligence, self-assuredness and overwhelming empathy that remains her greatest success.

With over 30 million followers across Instagram and TikTok, Lili's unapologetic musings on life's ups and downs – even in the lane marked 'starlet' – has led her to become the voice of a generation. One who is unafraid to talk about her own mental health, challenges standards of beauty, calls out toxic behaviour (see Kim Kardashian's Met Gala diet), and openly shares industry pressures. With her honesty about what it's really like being a young woman in Hollywood, Lili is disbanding the mirage that if you are famous, beautiful and rich, life is perfect. But lifting the veil on an industry built on such an image doesn't come without a raised eyebrow. The media is keen to undermine what so many of us find inspiring about her: she's been branded outspoken, bold, a rule-breaker. What does Lili think about that? I sit down with her in the hotel's penthouse overlooking downtown LA to find out, as we talk self-acceptance, social media and the impact of speaking up.

Coat, £2,905, and dress, £640, both Max Mara (maxmara.com)

"I'VE BEEN IN THERAPY SINCE I WAS 13"

Being 'outspoken' has come to mean going against the grain. How does the critique of outspoken sit with you?
I think people were really interested that I was still experiencing low moments in myself after becoming – I hate the word – famous. After stepping into the industry and finding success, they were shocked that's how I could feel. They were expecting that to eradicate how I was feeling. Growing up, the only example I saw of someone speaking honestly about their mental health was Demi Lovato. She was outspoken about her bipolar disorder, and I was like, 'Wow, she's a young woman, she's famous and rich and has success, and she's still feeling this way – that makes me feel more human and connected to someone in the industry.'

I hate it when celebrities are put on a pedestal and they become an 'untouchable entity'. I don't want people to think that I see myself as any better than anyone else because of what I do. So I just realised that being honest about my mental health was something I needed to do because I don't want to keep perpetuating the differences and building up this barrier.

I gained a reputation as someone who has had their fair share of Instagram and Twitter rants and that's OK with me, I am outspoken and honest. I go on rants because I am passionate, I don't keep my mouth shut, if I see something toxic that is being normalised, I will say something.

Body image and mental health are not light topics, how do we keep up those conversations?
It's finding a balance. I want to keep talking about these things, but I don't want it to be my sole identity. I don't think enough people are talking about it, especially young women. I don't think people in the industry are honest enough with their fans – and I get it, you have to be comfortable with being vulnerable with people you don't know – but I'm an open book. I've been in therapy since I was 13, so I'm very comfortable talking about how I feel and it's nothing I'm ashamed of. Sometimes I worry I share too much, but I think it's just who I am, and how I process my feelings. I'm not afraid for you to know that I'm human and I'm feeling shit the same as you.

What are some of the triumphs and challenges you've experienced in the industry having spoken your truth?
Winning the [Face of the Future] award for Max Mara – and that's still sinking in. I don't often stop and pat myself on the back for doing anything, I'm just like, 'Cool I'm one of the millions of people doing this'. But when I do stop and land for a moment, I'm really happy that I grew up in an environment where I have always been able to share how I feel. I realise that some people weren't as lucky – they didn't get their chance to go to therapy, and they weren't listened to. I had a really supportive mom who heard my struggle and really helped me. So for me, this award represents that I'm doing something right.

Fashion can act as a powerful tool because it's the armour we choose to present ourselves to the world. How do you utilise that element?
Coming out of Covid I was much more appreciative of clothes. It feels good to get dressed up, and I also appreciated investing in myself and pieces that genuinely make me feel confident, powerful and sexy. I'm willing to spend a little bit more money on something if it's going to make me feel like a badass bitch. Right now, I have a bad acne breakout, but if I have a cool hat to wear and a cool jacket, it will instantly make me feel better.

Would you rather live in a world with social media or without?
With. I think there's a lot of positivity that comes with it. If I'm going to post on social media and a stupid number of followers who, for some reason, care what I have to say, then I'm going to try and spread some good messages – not just post bikini pictures of myself, because that doesn't help anyone and I don't care to see that on other people's feeds. I like Pinterest, it's a little safe space of tattoos that I want, and wallpaper for my house. You have to understand that Instagram is often someone's highlight reel of their life, it's a snapshot, it's so not the whole picture.

Who is your role model?
I call her my wife; her name is Charli Howard. I don't remember when I first started following her, but during Covid her body positivity was speaking to me; the way she embraces everything that people are told not to is endlessly inspiring. I think that she is just an angel and a beautiful advocate for what a real f*cking woman looks like.

What have you learnt in your 20s that you'd take into your next decade?
Not having to succumb to weird social pressures in this industry. Like going outside and smoking a cigarette with a member of the cast – I've never smoked a cigarette in my life and I'm happy about that. I don't have to stay out late at parties and feel guilty for not pursuing a bunch of friendships with models and actors, I can just be at home with my dog and feel very OK about that – that's what I'm taking with me. I hate it when people say, "You should be out partying and sleeping with as many people as you can." I'm like, "No thanks! That sounds awful, I'm happy doing my own thing."

Lili Reinhart is the recipient of the 2022 Women in Film Max Mara Face of the Future Award

LOVE
STYLIST?

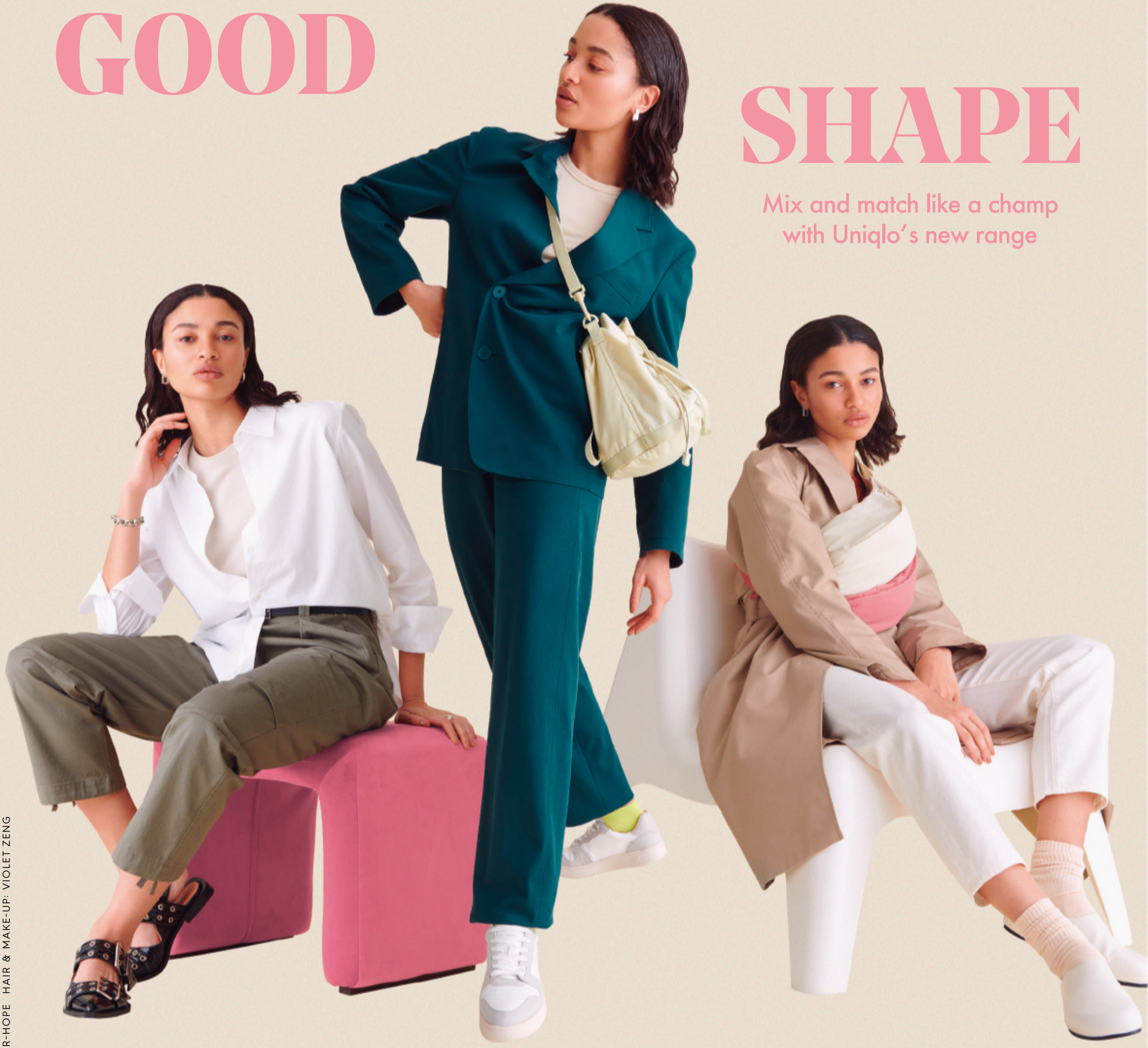
WANT TO GIVE YOUR VIEWS ON OUR CONTENT AND WHAT WE FEATURE IN THE FUTURE?

Fancy being entered into a prize draw? Then join our new audience panel and help shape what we talk about in *Stylist*.

SCAN HERE
TO SIGN
UP TODAY

IN GOOD SHAPE

Mix and match like a champ with Uniqlo's new range



As much as we love the lighter evenings and influx of spring florals, when it comes to freshening up new season wardrobes, there's nothing better than getting back to the essentials. We're talking clean, classic, high-quality separates that help maximise outfit potential by simply mixing and matching styles for the year ahead. And nailing this trend couldn't be easier – thanks to Uniqlo and its new range (disclaimer: you're going to want it all…).

Yes, from statement tailoring to reinventing the jogging pant, this season Uniqlo has created *the* collection to master the fine art of capsule dressing. Whether it's a crisp white shirt (complete with chunky cuffs) or a new take on a timeless belted trench, this range serves 100% low-key minimalism with an oh-so wearable edge. And for those looking to elevate a look with just a few small details? Think neon socks, nylon bucket bags and brightly coloured staples to layer over and under your threads.

Ready to explore the world of sartorial simplicity? This is a great place to start…

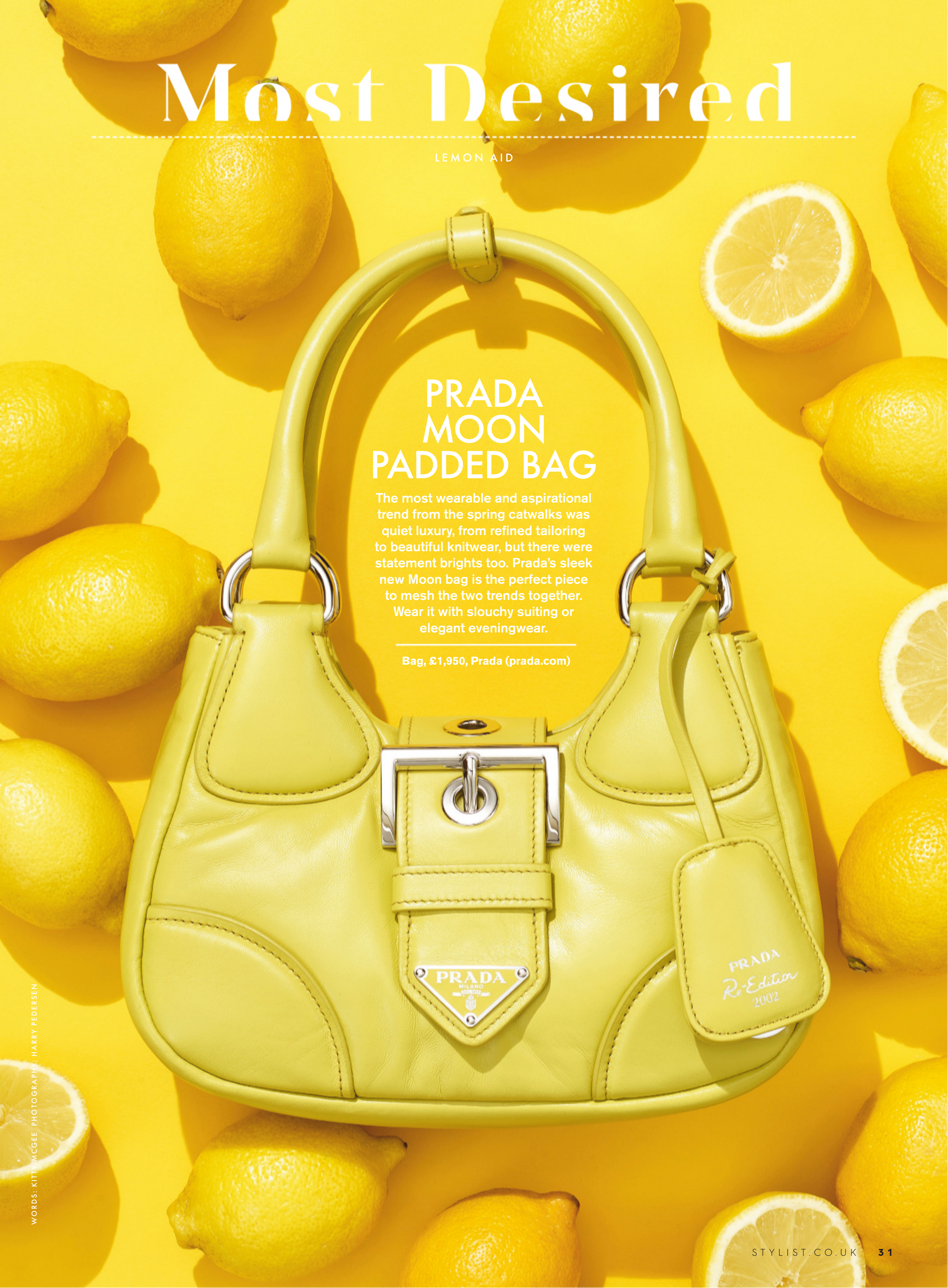
(From left to right) Look one: cotton twill oversized shirt, £29.90, U sleeveless T-shirt, £19.90, pleated joggers, £49.90. Look two: U T-shirt, £12.90, U jersey tailored jacket, £99.90, U jersey suit trousers, £49.90, U bucket bag, £34.90. Look three: trench coat, £109.90, round mini shoulder bag, £14.90, boyfriend tapered fit jeans, £34.90, U sleeveless T-shirt, £19.90

To shop these new season looks and build your own capsule wardrobe for 2023, discover the must-have Uniqlo and Uniqlo U collections in-store and online at uniqlo.com

UNI QLO

PHOTOGRAPHY: DANIEL FRASER STYLING: AMY ROZIER-HOPE HAIR & MAKE-UP: VIOLET ZENG

LEMON AID



PRADA MOON PADDED BAG

The most wearable and aspirational trend from the spring catwalks was quiet luxury, from refined tailoring to beautiful knitwear, but there were statement brights too. Prada's sleek new Moon bag is the perfect piece to mesh the two trends together. Wear it with slouchy suiting or elegant eveningwear.

Bag, £1,950, Prada (prada.com)

WORDS: KITTY MCGEE PHOTOGRAPHY: HARRY PEDERSEN

FASHION
RECLAIMED

The catwalks have been full of bare-all clothing, but it's more than just this season's biggest trend, it's a way for women to embrace their bodies. Chloe Laws explores why we should all consider wearing less

FASHION: POLLY KNIGHT
PHOTOGRAPHY: THERESA MARX

Shanika (left): catsuit, price on request, Stella McCartney (stellamccartney.com)

Salomé (this page): cardigan, £330, Jacquemus (matchesfashion.com); trousers, £395, Marina Rinaldi (marinarinaldi.com); necklace, £400, and bracelets (worn as necklace), £280, all, Swarovski (swarovski.com)

Lydia (left): bodysuit, £465, Michael Kors Collection (michaelkors.co.uk); skirt, £410, Max Mara (maxmara.com); necklace, £1,280, Gucci (gucci.com); bracelet, £415, Jimmy Choo (jimmychoo.com); ring, £2,470, Gucci (gucci.com)

Shanika (right): top, £99, Boss (hugoboss.com); skirt, £890, Dion Lee (dionlee.com); bangles (right), from £240, and chunky ring, £255, all Lo x Alex And Trahanas (dinosaurdesigns.co.uk); bangle (left), £150, and slim rings, £35 each, all Pandora (pandora.net)

Dress, £2,500, Versace (versace.com); knickers (just seen), £16 for three, Marks & Spencer (marksandspencer.com); gold earrings, from £60, Balenciaga (4element.co.uk); silver hoops, model's own; ring, £35, Pandora (pandora.net)

I got good at hiding my body. With oversized shirts, loose midi-dresses and long trench coats. Reaching for a pillow whenever I sat on a sofa became instinct. My body has changed a lot in my 20s (as bodies tend to do) – it's gone through chronic illness, contraception, medication and trauma. And the more it changed, the more I hid. Until two years ago, when I hit a wall and finally remembered that we don't get a trial run on life. Spending it trying to keep my body a secret was a sad, futile existence. My body is the same size whether I keep it under a cloak or wear a sheer dress. My skin looks the same at the end of the day when I get undressed. What point is there, then, of not embracing it? Or not wearing what makes me feel good. And I'm realising that what makes me feel good is… freedom.

As women, we're taught to show *just* the right amount of skin: rules on legs or cleavage, but never both, are ingrained from a young age. Nipples are so controversial that they must not be freed. 'Classy' was a stick to beat us into submission with. Every part of our bodies is constantly up for debate, always too much or too little (buccal fat, of all things, being the most recent). These judgements are especially true if your body doesn't fit society's ideals (white, thin, able-bodied). But more women like me are using fashion to fight back against these restrictive, archaic, patriarchal ideas and embracing naked dressing.

For spring, bare-all fashion graduated from a Gen Z micro-trend to the most important one of the season, with many super-brands that show during the international collections going big on barely there styles. Versace presented naval-grazing cutouts, Valentino centred looks around skin-toned bodysuits, Fendi favoured pastel-toned sheer tops and dresses and Saint Laurent showed more sheer than ever before. Miu Miu made micro skirts even smaller, Michael Kors Collection played with sexy cut-outs and Alexander McQueen made bare hips a staple. Even Erdem and Prada, known for their ankle-grazing hemlines and a demure Victoriana aesthetic, covered the trend in their own way.

Seeing this all over the catwalks feels history-defining because the patriarchy told us to cover our 'love handles' and 'muffin tops' for so long that we ingested it as a truth – that these parts of our bodies are undesirable. And now British designers such as Supriya Lele are leading the naked dressing charge and making us reconsider. Her ready-to-wear a/w 2022 collection was a restorative lesson on less is more and sexy being a state of mind as she threw out the rule book and created pieces with cutouts showing hips, lower bellies and rib cages – areas we tend to cover up.

miu miu
miu miu

Top £720, skirt £680, pink shorts £650, and white shorts £350, all Miu Miu (miumiu.com)

London-based Albanian designer Nensi Dojaka has also become synonymous with sheer, lingerie-inspired pieces, loved by Bella Hadid, Zendaya, Emily Ratajkowski and Paloma Elsesser. Like Lele, she is redefining what women want to wear and what makes us feel empowered and sexy.

LESS IS MORE

Naked dressing isn't new: we've all seen pictures of Kate Moss's diaphanous silver dress at the Look of the Year Contest in 1993, Cher's Bob Mackie 1974 Met Gala outfit and Marilyn Monroe's iconic sheer dress she wore to sing happy birthday to President John F Kennedy. But the trend has moved away from the red carpet and into day-to-day wardrobes. On a recent night out in Soho, I counted nine women wearing cut-out barely there tops. It felt monumental to see women freely expressing themselves, but not doing it for the male gaze.

"We're calling it the 'best undressed' trend," Libby Page, market director at Net-A-Porter told me. "It's a new wave of eveningwear dressing. This may seem risqué to our customers, however searches for 'sheer tops' increased by 600% during fashion month compared to the previous month. Women are embracing this mood and having fun dressing up no matter their age, size or body shape. They simply want to feel great and own their look, and nothing does that more than throwing on something sheer, slinky and sexy."

Monika Silva Michelsen, founder and creative director of Gauge81, a brand also embracing the trend, agrees the appetite for sheer is getting stronger. "The body positivity movement has paved the path for a rise in demand for pieces that highlight the feminine form and convey sensuality," she says. "A key part of our design process includes sculpting silhouettes and pieces that celebrate and lay bare the sexiest features. Pushing the boundaries of sensuality and femininity breeds confidence – sheer panelling and strategically placed cut-outs are design elements we use to achieve this."

For my 28th birthday in January I wore a mesh-look top studded with diamantes over black underwear – and I've never had so many compliments on an outfit. Wearing a thin veil of fabric out in the dead of winter is brave for obvious reasons, but mostly because it made me feel connected to my body. Othering our bodies, as women, feels more natural than embracing them, and making a stand against this feels transformative – and freeing.

"Fashion gives you the freedom to communicate who you really are," says Shakaila Forbes, fashion psychologist and author of *Big Dress Energy*. "When we carefully consider how we present ourselves, which includes how we dress, not only

Dress, £450, Self-Portrait (self-portrait.com); bra, £52, and knickers, £30, both Dora Larsen (doralarsen.com); shoes, £600, Di Minno (diminnoshoes.com)

Jumpsuit, £2,990, Alexander McQueen (alexandermcqueen.com)

Photography assistants: Chloe Yates and Lucy Rooney
Hair: Zateesha Barbour at LMC Worldwide using Dyson
Make-up: Nancy Sumner at Eighteen Management using Dior Capture Totale Super Potent Serum and Dior Forever Foundation
Make-up assistant: Lauren Nicole
Nails: Julia Hopkins using Dior, Chanel and Luxio Gel
Fashion assistant: Imy Moore
Casting director: Melissa Scott
Models: Salomé H at Boundary London, Jay Jay Bol at Wilhelmina, Lydia Graham at Milk Management, Shanika A at Forte, Stephanie Grainger at Models 1

'AN ABSOLUTE KNOCKOUT!'
THE TELEGRAPH

RODGERS & HAMMERSTEIN'S
OKLAHOMA!

DREAM
BABY
DR

NOW PLAYING! STRICTLY LIMITED SEASON
WYNDHAM'S THEATRE
A DELFONT MACKINTOSH THEATRE
OklahomaWestEnd.com

do we elicit more positive impressions, but these impressions are more accurate and in line with how we view ourselves. Clothes give you the power to control the narrative and let people know who you are without having to utter a word." But as Forbes explains, the freeing nature of naked dressing depends entirely on the wearer. "While some see it as an opportunity to celebrate their bodies and take up space, one study found that many viewed revealing clothes as an opportunity to invite people to judge their bodies. That's why it's essential to look at styles like this through a psychological lens and understand the wearer's relationship with their body and style."

FEELING SEEN

Of course, not everyone celebrates it as a trend for *all* bodies. The vitriol over Sam Smith wearing a corset and nipple tassels in their latest music video was a reminder of the double standards that still rule. Those who exist in bigger bodies, have large breasts or big bums, often get told they're 'showing off' their 'ample assets' (cough, Daily Fail, cough), whereas those who fit a certain beauty ideal can wear the same look without being labelled provocative. When I was a size eight, no one ever said what I was wearing looked inappropriate. The clothes I wore didn't change in style, but because my body did, they suddenly became too much. This vernacular used around women who choose to wear clothes that don't cover their bodies up is so steeped in misogyny: is she showing off her bum, or does she just have a bum? Maybe she's not leggy, maybe she just has… legs. And what if her breasts aren't distracting, *you're* just distracted?

Last summer, the *New York Post* went viral for the headline 'Bye-bye booty: Heroin chic is back' and a lot of people were (rightly) upset. Because women's bodies are *not* trends, and they are not here to be consumed: we cannot and should not be pressured into moulding ourselves around what is seen as 'in style'. The best thing about naked dressing is that it revolts against this – it says "f*ck off" to westernised, patriarchal beauty ideals that demand women look and dress a certain way.

"I've been a plus model for over 10 years, during this time I've seen the fashion industry change dramatically," says Felicity Hayward, one of the UK's best-known curve models. "In particular, curvy women have always been offered the latest trends in our size six months-to-a-year later than our smaller counterparts. Our fashion has always been behind because we were never seen as the first prize. So, if you see a larger human walking down the street in an eye-catching outfit, chances are they have had to work at least five times harder to find that look, that size, those accessories than their smaller peers." It's exactly why seeing women explore the naked trend and body-confident dressing right now fills her with so much joy. "Our bodies deserve to be seen. To be equal. To have those pieces in our sizes." It's true: how wonderful is it to see women existing happily in themselves and enjoying fashion, no matter their size?

"If a smaller framed woman can [wear it], a larger framed woman can," adds Hayward. "We need to get to a point where our bodies can be seen equally, not where a nude, smaller frame is seen as art and a nude larger body is seen as sexual – because we all know that happens, too. Especially with models. I'm team naked dressing, life's too damn short."

Jacket, £1,500, Lurline (lurlineofficial.com); skirt, price on request, A Roege Hove (aroegehove.dk); knickers, £22, Underdays (theunderdays.com); earrings, £460, By Pariah (bypariah.com)

It's a feeling I relate to. I suffer from psoriasis and during a time where my skin was clear, I wanted to seize the day and show off my body. In doing so, I had to confront the truth that it wasn't only my skin I'd been hiding, but my entire self. Why does my stomach make me so uncomfortable? Is it not just another bit of skin, covering organs, that work in harmony with the rest of my body to keep me alive? Why do I suck it in, swaddle it under fabric, berate it for bloating? And so, last summer, I wore a bikini – not a swimsuit. I wore more strappy mesh tops, mini skirts and sheer dresses. Recently, I've been playing with layering – a sheer bodysuit with a puffer jacket and tailored trousers, or a skin-tight Skims dress with a chunky knit. I'm a big believer in wearing whatever makes you feel good: dressing modestly empowers some, but the opposite is true for me. It feels like the fashion equivalent of sticking my middle finger up, and I relish in the liberation of letting my body breathe.

Fashion has always been a tool for marginalised people, a visual currency to get their message across. Black Panther Party members wore berets and leather jackets, in the 60s women burned their bras, and in 2017, thousands wore pink hats during the Women's Marches. But it's not just movements that have had a uniform, people make socio-political statements through their sartorial choices every day. And that's exactly what this trend embodies. Most mornings getting dressed might seem inconsequential, but there's huge power in what we do or don't wear.

I'm not all the way there yet with naked dressing – aiming for body neutrality and acceptance feels more doable, and hopefully positivity will follow. Undoing that need for a green pass from society takes time, but making small changes helps. A sheer dress might not transform how I treat my body and speak to it, but it's a good (and, let's be real, cool) start. Many women will find naked dressing daunting – I know I did – because it goes against so much of what we've been taught. But your body deserves to be seen, if you wish it to be. You deserve to find fashion fun, silly and sexy. You deserve to follow whatever trend you want – and feel f*cking fantastic doing so.

→

THE FREEDOM DRESSERS

Meet four women in fashion who broke free of its rules and found power in wearing what they *really* want

"Don't dress to make other people comfortable"

When fashion commentator Jessica Blair, 24, found out the viral Miu Miu mirco skirt didn't "come in size fat", she recreated the look in a TikTok video that's had 2.6 million views.

"I love wearing low-rise. There's something that brings me such joy about pulling my skirt down a few inches, because I've spent so much of my life trying to hide my stomach. It's not flat, it's not toned and it feels liberating to be like 'I don't care anymore'. I create my own versions of runway looks to show people that you don't need to have a long, skinny torso to wear crop tops and low-rise jeans and cut-out dresses.

A large part of my fashion journey has been trying to learn that other people's opinions of me don't matter, and seeing other fat women feeling themselves on social media has helped me. I get the odd nasty comment, people telling me to cover up, but I refuse to restrict myself to clothes that make other people comfortable – I want to wear what's cool and reflects who I am. If you're not there yet, start small. Buy a piece because you love it, not just because it fits. So much of our anxiety is that initial step of putting it on. If you like crop tops but you're scared, wear one with high-waisted jeans and a jacket first. The more you wear it, the more you realise it's not as scary as you thought it was. You feel great because you're being led by your own taste, instead of fear."

"For so long I just felt like a clothes hanger"

In 2010, Victoire Dauxerre, 30, was one of the world's top models – and it almost killed her. Repairing her relationship with fashion has been a difficult journey.

"I was 17 when an agent approached me in Paris and told me I was the next Claudia Schiffer. Travelling the world as a model at that age sounded like a dream, but it turned out to be a nightmare: I was made to parade in front of male brand reps in a thong and heels at 2am casting calls while they sipped champagne. I was burnt by stylists who steamed clothes while I was wearing them. My hair fell out due to constant tugging. My body was no longer my own, and my mental health became so bad I attempted suicide. I knew I had to get out.

For two years after I quit modelling, I couldn't enter a clothes shop – I still felt like an object, a clothes hanger because that's how I was made to feel during my most formative years. I'd see my friends wearing beautiful dresses and tell them how sexy they looked, how much I loved their style, but it took a long time for me to consider wearing those things myself. I started by being intentional about lingerie, choosing blues that felt healing, red when I wanted to feel powerful. Now, after a lot of internal work, I'm finding pleasure in fashion on my own terms. Recently I treated myself to a 70s vintage dress with a sheer torso that was so close-fitting I couldn't wear underwear, and I didn't feel exposed – I just felt amazing."

"Picking an outfit is my way of celebrating my body"

Maxim Magnus, 24, the Vogue model and activist behind #TransIsNotATrend, sees clothes as the ultimate tools of self-discovery.

"My love of fashion came from constantly reinventing myself. As a teenager, one day I was Blair Waldorf and the next I was Lana Del Rey. I remember wearing leopard tights with snakeskin shoes: it was awful, but I appreciate that ballsy teen who wore whatever made me feel powerful. When my university lecturer suggested I try modelling I had never considered myself beautiful in that way, but a determination set in. My first casting was for Valentino: I remember struggling to get out of a pair of boots because my feet were too big, and all the others girls refusing to help me. An hour later I was offered the job.

There was a point when I felt I was only being hired because I was trans and that's when I started #TransIsNotATrend to spark conversation around diversity and tokenism. It happens with Black models, Asian models, plus-size models – they'll hire a couple of us and make us 'the thing' of the season, then toss us aside. I've spent a lot of time fighting for more inclusivity, but now I'm trying to focus on how clothes make me feel. My morning ritual of having coffee while I pick out an outfit is my way of celebrating my body: one day she wants a Juicy Couture tracksuit, the other a Miu Miu gown. Ultimately, fashion is fun and it's for us. The most soul-crushing thing we can do is dress for somebody else."

"By exploring different looks I learnt to honour myself"

As associate editor at Who What Wear, Chinazor Offor, 27, is inspiring others to dress as their authentic selves.

"Before I was a teenager, it became clear that there were fashion rules I must follow to look smaller, be more modest or appease the people around me as a person living in a larger body. I couldn't discover who I was or chase the joy of expression because of the surrounding (and internalised) fatphobia.

Then, I began to see more plus-size people appearing on Instagram, increasing the discourse around self-acceptance. If this gave me permission to start chipping away at the wall of my own style discovery, the pandemic brought it crumbling down: a reckoning that forced me to reevaluate how much control I let external forces have on my joy. Around the same time, I became a full-time writer at a large fashion media brand where I was tasked with bringing experimental, cool looks to the plus-size fashion community. It literally became my job to explore style for others, and through that, I learned to honour myself as well.

Exposed to fun, creative brands that had an inclusive size range, I tried every colour, style and silhouette that piqued my interest and embraced patterns without thinking about how 'flattering' they would be. What's clear to me now is that finding your style is about childlike joy and unapologetic self-exploration. I'll never give that up again."

AS TOLD TO: MEENA ALEXANDER

You got the look

It's the exclusive beauty box you've all been waiting for as we team up with Cohorted to bring you the Ready, Set, Glow box, featuring 15 products that will raise your skincare game to uncharted heights

BOX WORTH OVER £200!

Drum roll, please. We have some exciting news for fans of all that's best in beauty – so basically anyone reading this. This February, we've joined forces with Cohorted – the UK's leading luxury beauty gift boxes brand – to bring you a very special collaboration…

Boasting 15 star products, the Cohorted x Stylist Ready, Set, Glow box features some of beauty's most beloved brands, including the likes of Ofra, Omorovicza, Kiehl's, bareMinerals, L'Occitane and many others.

Plus, we're really spoiling you with the added bonus of an exclusive product in the shape of Pixi's overnight glow exfoliating gel serum, the must-have for radiant skin. So, for those of us who want to get a head start on our skincare routine and celebrate the imminent arrival of spring, this is the perfect box to give yourself a well-deserved dose of luxurious self-care.

Worth a total of £210, it retails for only £50, so as well as being super-desirable it's also great value. In short, this is the perfect chance to discover the world of Cohorted, the beauty brand which brings you all the leading names – whether it's the likes of Laura Mercier, Lancôme, YSL and many more. These beauty boxes are also a great way to check out cult favourites, while dipping a toe into some emerging luxury beauty independents.

Epic skincare delivered right to your door? We're here for it…

For your Cohorted x Stylist beauty box, go to cohorted.co.uk/products/stylist-beauty-box-edit

Cohorted
BE YOU BE BEAUTIFUL

care
#WALK
4 WOMEN
Supported by
STYLIST

Join team Stylist on a #Walk4Women this International Women's Day

Here at *Stylist*, every day is a celebration of women. But there are times when we want to go big. One such time is International Women's Day, on 8 March. So, here's the big question: do you want to join us?

On 8 March we're asking everyone to commit to one simple thing: to go on a walk to support women around the world. Working with CARE International, who help women get the tools and resources they need to lift themselves and their families out of poverty, our goal is to get enough people walking so that together our shared footsteps will mean we've trodden the circumference of the earth (it's actually not too lofty a dream – if just over 8,000 people pledge to walk 5k, job done).

Whether you walk with friends, colleagues or on your own, every footstep counts. Team *Stylist* will be heading out on a walk around London, and we're inviting you to host your own, posting images on Instagram using #Walk4Women so that we can share them too.

All you need to do to get involved and show your support for women is to sign up to walk in solidarity, and then pledge your distance in kilometres by visiting stylist.co.uk/walk4women

So, lace up your comfiest trainers, pledge your distance, and feel that glow of being part of a global movement for gender equality. See you for a walk on 8 March.

PHOTOGRAPHY: GETTY IMAGES

SIGN UP AND WALK WITH US AT STYLIST.CO.UK/WALK4WOMEN

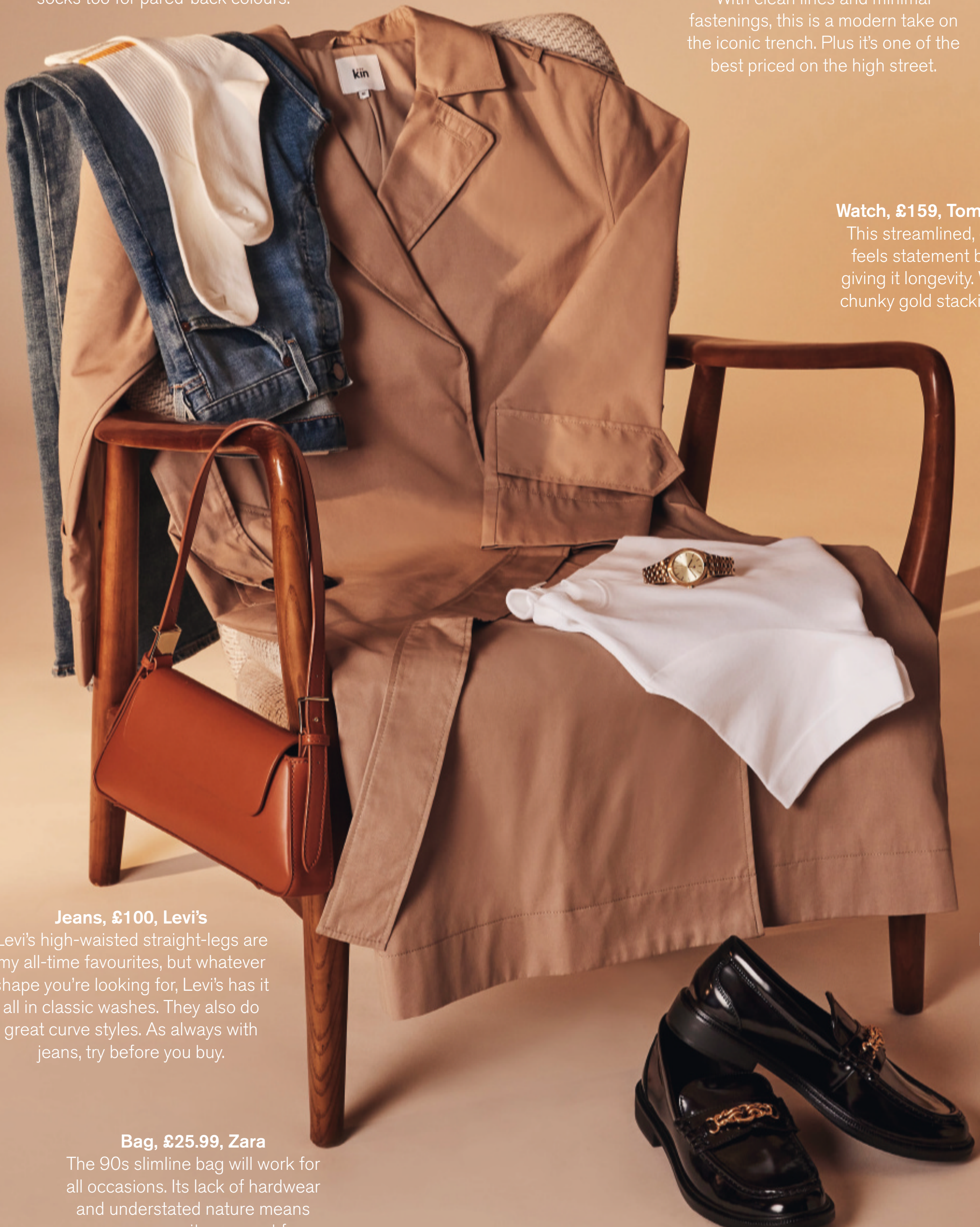
HOW TO GET DRESSED TODAY

You told us that, post pandemic, your biggest wardrobe woe is knowing how to form an everyday uniform. So here's our guide to getting dressed in 2023 – the best basics, the new-season hero pieces and how to combine them to create multiple outfits

FASHION: HARRIET DAVEY PHOTOGRAPHY: SARAH BRICK

THE CAPSULE

Creating an everyday wardrobe hangs on brilliant basics you can wear on heavy rotation. Here are our fashion editor's picks



Socks, £12.90 for three, Uniqlo
White socks are a staple, and my go-to is Uniqlo as they last wear after wear and don't discolour. Check the men's socks too for pared-back colours.

Trench, £130, Kin at John Lewis
With clean lines and minimal fastenings, this is a modern take on the iconic trench. Plus it's one of the best priced on the high street.

Watch, £159, Tommy Hilfiger
This streamlined, gold watch feels statement but classic, giving it longevity. Wear it with chunky gold stacking bangles.

T-shirt, £25, Cos
Cos is a hotspot for wardrobe basics because they last. This thick cotton T-shirt is just the right weight, shape and fit.

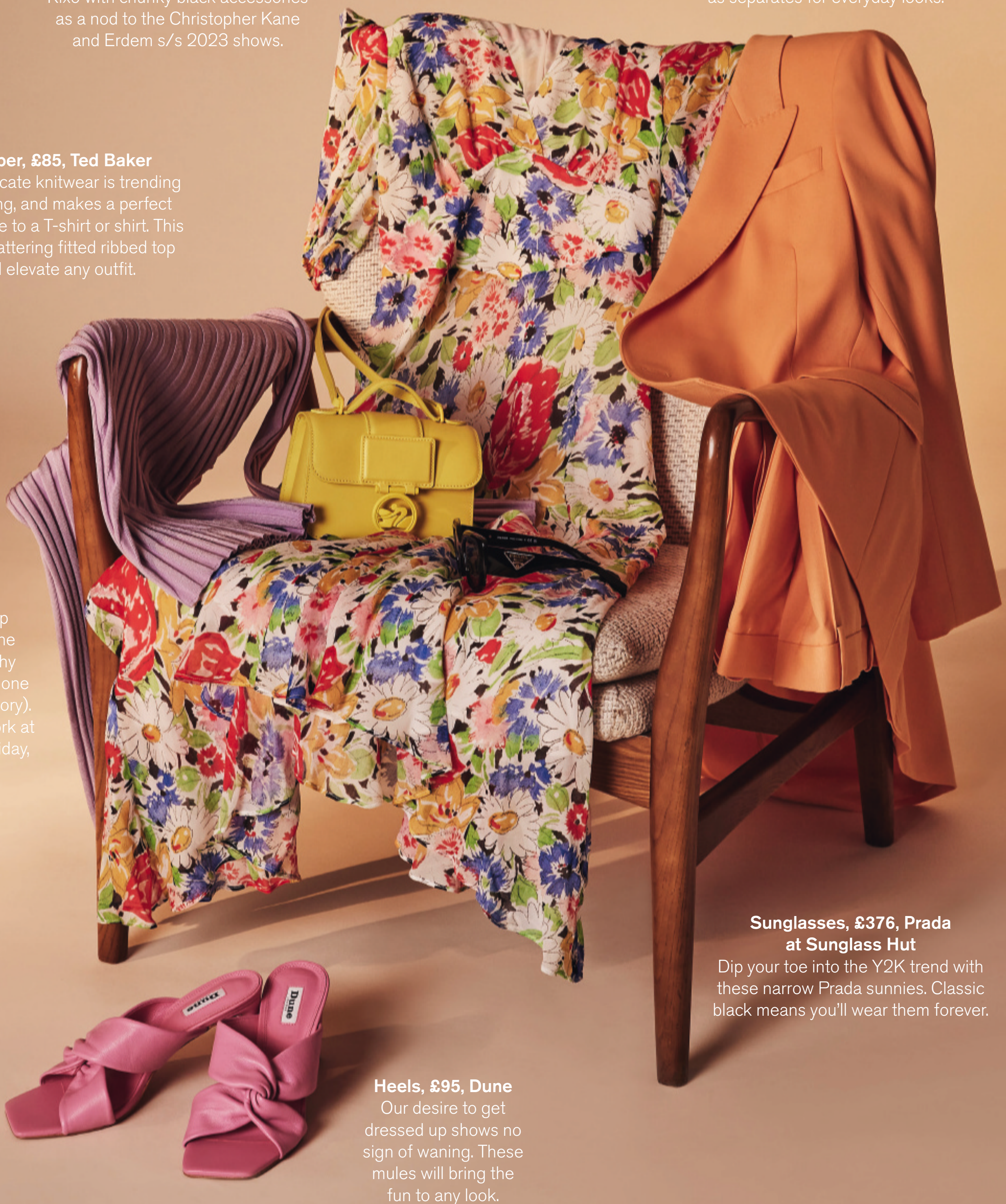
Jeans, £100, Levi's
Levi's high-waisted straight-legs are my all-time favourites, but whatever shape you're looking for, Levi's has it all in classic washes. They also do great curve styles. As always with jeans, try before you buy.

Loafers, £49.99, Mango
These high-shine loafers with gold hardware give this everyday style an elevated edge. Wear with workwear (obviously) but also with mini skirts and jeans for a chic look.

Bag, £25.99, Zara
The 90s slimline bag will work for all occasions. Its lack of hardwear and understated nature means you can wear it on repeat for many seasons to come.

THE TRENDS

Incorporate a handful of s/s 2023 trends to your clever capsule wardrobe to make it feel up to date



Dress, £275, Rixo
Wear this floral number from cult-fave Rixo with chunky black accessories as a nod to the Christopher Kane and Erdem s/s 2023 shows.

Blazer, £278, trousers, £168, Reiss
Update colour-block tailoring with this season's citrus tones. Try the full suit for summer occasions or style as separates for everyday looks.

Jumper, £85, Ted Baker
Fine, delicate knitwear is trending for spring, and makes a perfect alternative to a T-shirt or shirt. This super-flattering fitted ribbed top will elevate any outfit.

Bag, £415, Longchamp
This colour pop cross-body is the ultimate in trophy dressing (having one stand-out accessory). The colour will work at home and on holiday.

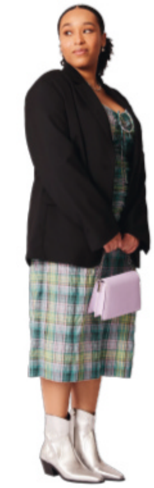
Sunglasses, £376, Prada at Sunglass Hut
Dip your toe into the Y2K trend with these narrow Prada sunnies. Classic black means you'll wear them forever.

Heels, £95, Dune
Our desire to get dressed up shows no sign of waning. These mules will bring the fun to any look.

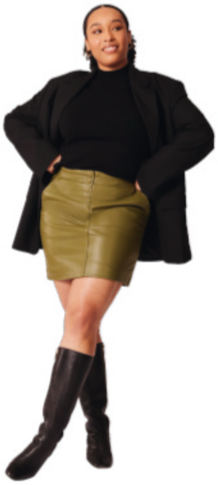
3 STAPLES, STYLED 8 WAYS

It's time to have a rummage in your wardrobe for three key items you probably already own – a blazer, striped shirt and slouchy tailored trousers – as these hero pieces can create not one, not two, but 24 different outfits. Here's how...

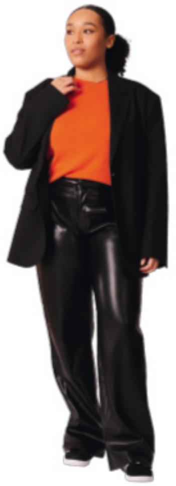
THE BLAZER
£149, Arket
Premium quality for a high-street price, Arket's blazers are iconic. With an already slightly oversized fit, we suggest grabbing it in a size up to make it ideal for layering over hoodies, jumpers and dresses.



Dress, £245, Ganni; necklace, £125, and earrings, £90, both Pandora; bag, £60, Jeenaa x French Connection; boots, £99.99, Zara

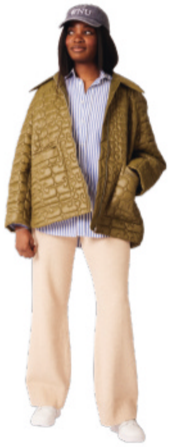


Jumper, £14.99, New Look; earrings, £39, Estella Bartlett; skirt, £199, Jigsaw; boots, £660, Dear Frances

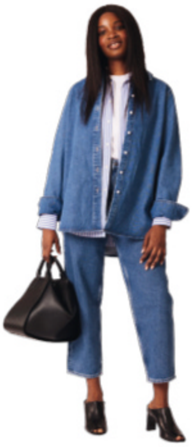


Jumper, £109.90, Uniqlo; trousers, £140, Jakke; necklace, £198, Missoma; trainers, £70, Adidas at Schuh

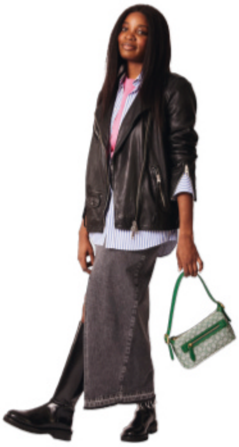
STRIPED SHIRT
£95, With Nothing Underneath
Taking tips from men's tailoring to create the perfect-fit shirts for women, WNU's styles are made to be worn on repeat. Wear open for a relaxed look and let loose for after-hours.



Jacket, £325, Ganni; trousers, £40, Gap; hat, £32, With Nothing Underneath; trainers, £65, Superga

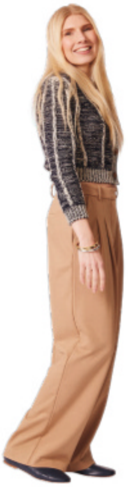


T-shirt, £35, Asket; shirt, £79, and jeans, £69, both Cos; bag, £85, Jeenaa x French Connection; heels, £455, Longchamp

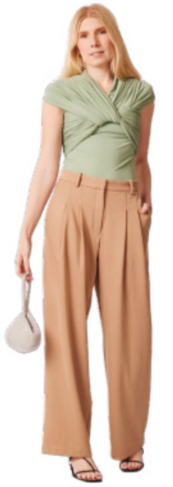


Jacket, £399, and boots, £349, both AllSaints; top, £29, Cos; skirt, £75, Aligne; bag, £295, Coach

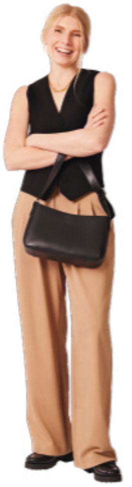
LOOSE TROUSERS
£39.99, H&M
Tailored trousers – particularly in camel – are a force to be reckoned with and this H&M pair, made from recycled materials, is so versatile. The go-with-everything hue will work hard in your wardrobe.



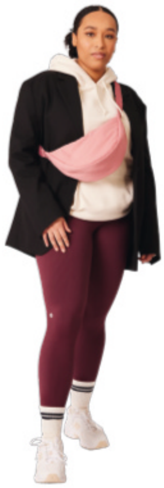
Cardigan, £355, Re/Done; bangles, £39.99 each, Pilgrim; shoes, £179, Essen



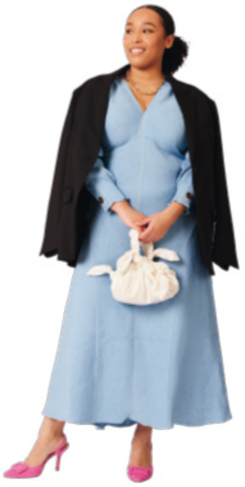
Wrap effect bodysuit, £645, Tove; bag, £47, Warehouse; sandals, £206, Essen



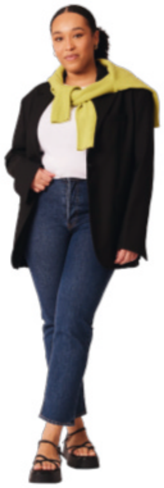
Waistcoat, £45.99, Mango; necklaces, £200 each, Pandora; bag, £55, Jeenaa x French Connection; loafers, £190, GH Bass



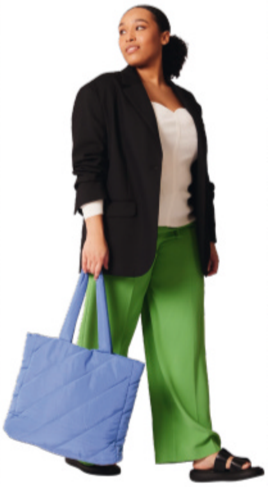
Hoodie, £40, Gap; leggings, £60, Gym+Coffee; bag, £12.90, and socks, £12.90, both Uniqlo; trainers, £95, New Balance at Schuh



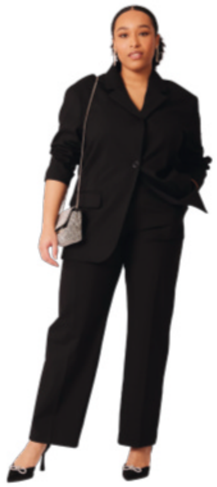
Dress, £225, Jigsaw; necklace, £39.99, Pilgrim; bag, £48, Roop; shoes, £130, Boden



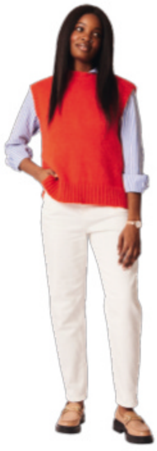
Vest, £16.99, Superdry; jumper, £275, Chinti & Parker; jeans, £36, Gap; sandals, £90, Vagabond



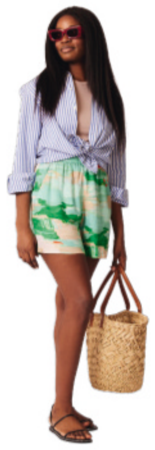
Top, £95, Ted Baker; trousers, £29.50, Marks & Spencer; bag, £32, Accessorize; sandals, £90, Vagabond



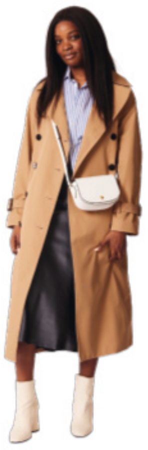
Trousers, £89, Arket; earrings, £12, Accessorize; bag, £130, Ted Baker; heels, £46, Next



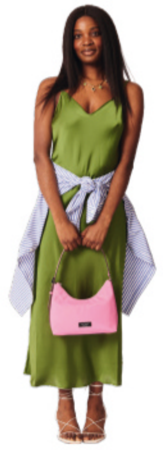
Vest, £65, jeans, £35, and shoes, £55, all Marks & Spencer; watch, £99, Olivia Burton



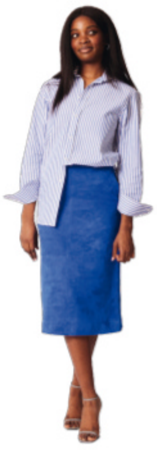
Vest, £7.99, New Look; shorts, £230, Longchamp; bag, £50, Accessorize; sunglasses, £376, Prada at Sunglass Hut; sandals, £179, Essen



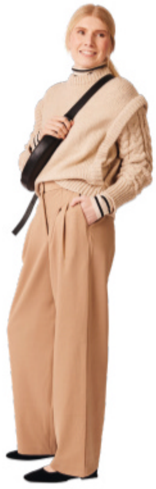
Coat, £199, Massimo Dutti; skirt, £69, Ghost; bag, £220, Longchamp; boots, £99.99, Zara



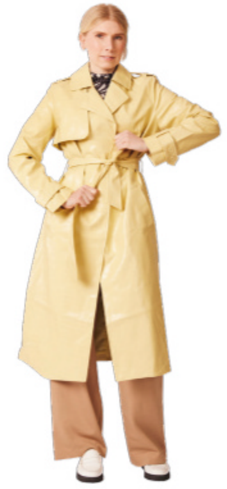
Dress (two-piece), £219, AllSaints; necklace, £998, Thomas Sabo; bag, £250, Kate Spade; heels, £128, Alohas



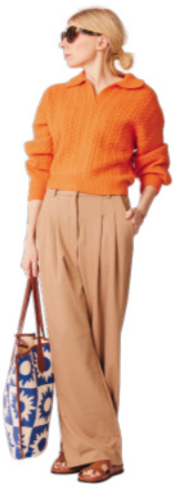
Earrings, £115, Swarovski; skirt, £285, Jigsaw; heels, £35.99, Mango



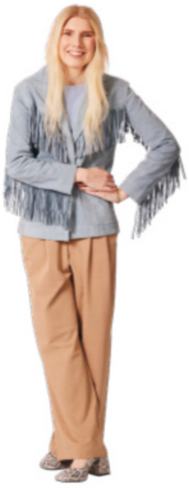
Roll neck, £29.90, Uniqlo; jumper, £145, Jakke; bag, £139, AllSaints; shoes, £49.99, Zara



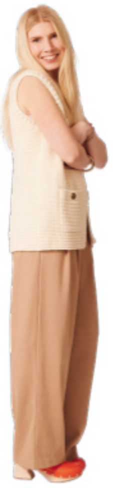
Coat, £89, River Island; top, £50, Ted Baker; loafers, £150, GH Bass



Jumper, £85, Aligne; sunglasses, £341, Miu Miu at Sunglass Hut; bag, £158, Poppy Lissiman; sandals, £95, Dune



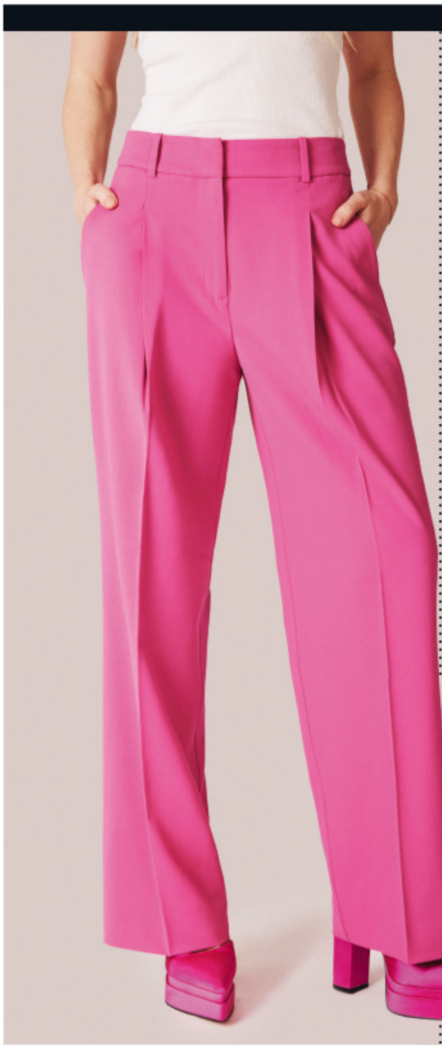
Jacket, £526, Maje; jumper, £360, Vince; heels, £49.50, Marks & Spencer

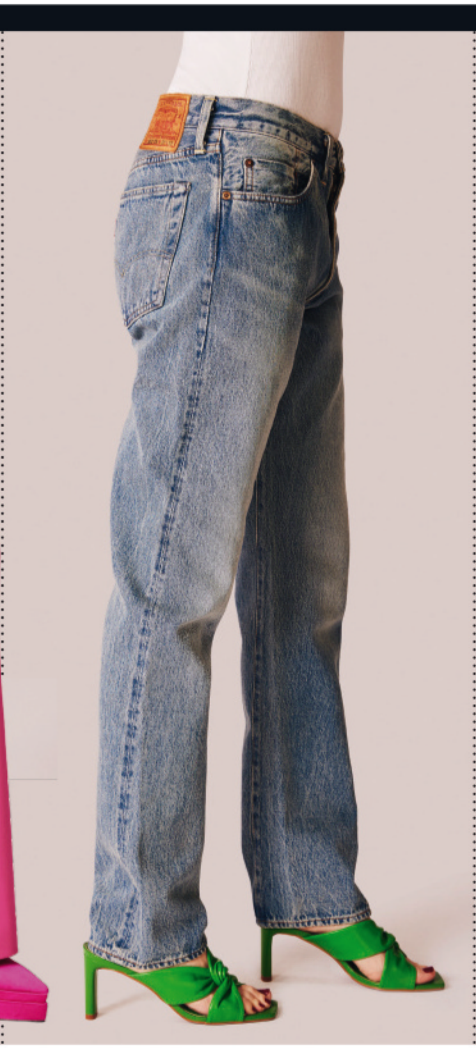


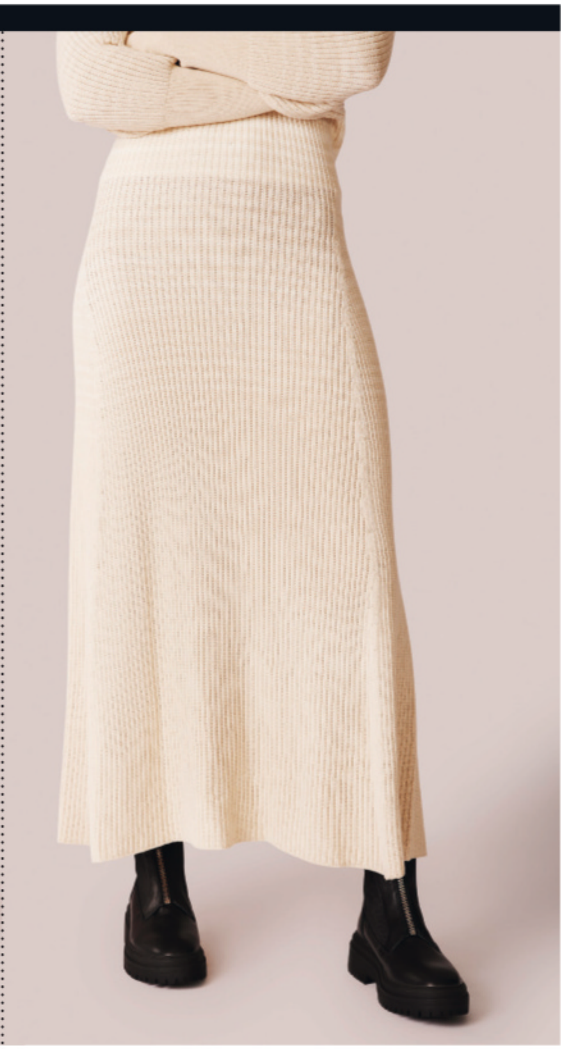
Vest, £225, Me+Em; bangle, £39.99, Pilgrim; clogs, £455, Longchamp

HAIR, MAKE-UP AND NAILS: GRACE HATCHER AT FRANK AGENCY USING SISLEY PARIS

IF THE SHOE FITS







TOTALLY TAILORED

Straight-leg tailored trousers don't have to look corporate. Liven them up with a matchy-matchy shoe, play around with clashing colours, add sporty trainers and don't fear an open-toe sandal poking out underneath. Trousers, £178, Reiss; heels, £57, River Island

£95, & Other Stories

£95, New Balance at Urban Outfitters

£59.99, Zara

THE SLOUCHY STRAIGHT LEG

For 2023, straight-leg jeans have been given a 90s edge with a laidback slouch fit. Embrace the decade with a bright or rhinestone heel or go off-duty with fisherman sandals or Birkenstocks and let them bunch at the bottom. Jeans, £100, Levi's; heels, £95, Dune

£120, Vagabond

£120, Birkenstock

£139, Kurt Geiger

TO THE MAX

As versatile as it comes, the knit dress will work with everything from boots – zip-up and Western styles are key – to a fun chunky trainer or bold bright mule. Anything goes with this maxi length. Dress, £779, Nynne; boots, £49.50, Marks & Spencer

£199, Boss

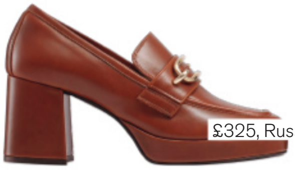
£24.99, H&M

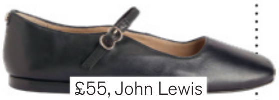
£395, Aeyde

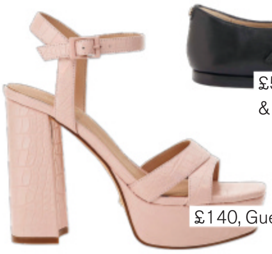
So you've found a new skirt, the perfect jeans and dream dress, but what shoes do you wear with them? From chunky trainers to block heels, we decode the styles to create a failsafe spring/summer look

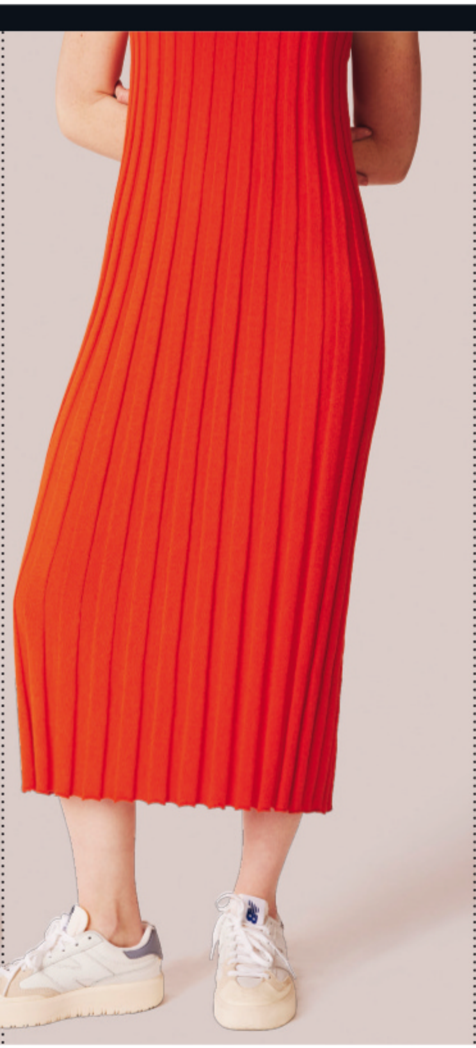
THE 70S CROP

Forget having to be a certain height to pull off flares, cropped styles will suit everyone. Wear a wide-leg pair with knee-high boots underneath or go full 70s with a heeled loafer or platform. In spring add a ballet flat. Jeans, £39.50, Marks & Spencer; boots, £149.99, Mango


£325, Russell & Bromley

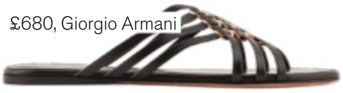

£55, John Lewis & Partners

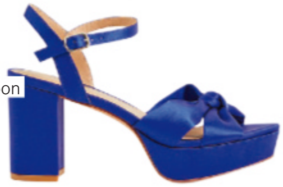

£140, Guess

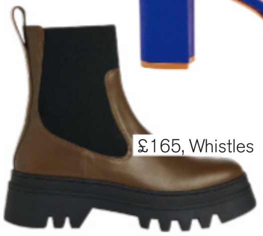


MAKE IT A MIDI

The versatile midi dress will be loyal throughout all seasons. Keep it casual with trainers, wear for evening with a vibrant platform, make it work for cooler days with boots and switch to sandals come summer. Dress, £295, Chinti & Parker; trainers, £100, New Balance

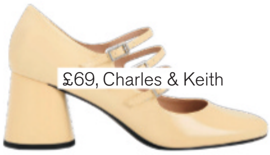

£680, Giorgio Armani

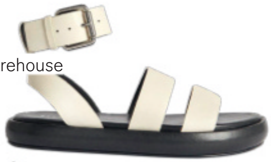

£65, Monsoon

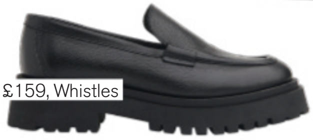

£165, Whistles

RETURN OF THE MINI

Hemlines are on the rise thanks to Miu Miu's micro minis and they're surprisingly easy to wear. Add platforms for evening, and for day stick to low block heels or a loafer. When it's warmer, a chunky sandal will do the trick. Skirt, £285, Paul & Joe; heels, £179, Essen


£69, Charles & Keith


£35, Warehouse


£159, Whistles

Lace Bra

10.00

Matching Briefs 5.00

entice
COLLECTION

SCAN TO SHOP THE
FULL COLLECTION

Lace Bra 10.00
Matching Briefs 5.00
George.
In-store | Online | App

SUBSCRIBE TO

STYLIST

THE FASHION ISSUE SUMMER '23
STYLIST
ISSUE 601
15 FEBRUARY 2023
STYLIST.CO.UK
£1.99
EVERY BODY DESERVES TO BE SEEN
Naked fashion is more than a trend, it's a reclamation

ISSUE 600: MADE BY FUNNY PEOPLE
STYLIST
'TIS THE SEASON TO BE JOLLY
We asked 32 comic geniuses to make us laugh this Christmas

EXCLUSIVE COVER BY RUPI KAUR
STYLIST
to heal
you have to
get to the root
of the wound
and kiss it all the way up

3 ISSUES FOR £1

SAVE 75%

STYLIST
THE FASHION ISSUE
STARRING SUPERMODEL CARA DELEVINGNE

FOR WOMEN WHO WANT MORE FROM THEIR WORLD
STYLIST
THE SINGER
RAISING
EVERYONE'S
SELF ESTEEM

FOR WOMEN WHO WANT MORE FROM THEIR WORLD
STYLIST
Do you
have it in
Pink?
Celebrating the colour of 2022

FOR WOMEN WHO WANT MORE FROM THEIR WORLD
STYLIST
THE SPRING BEAUTY ISSUE
STARRING BRIDGERTON'S SIMONE ASHLEY

SCAN ME

Packed with features on fashion, beauty, careers, psychology and life, every uplifting issue of *Stylist* magazine is expertly created to help you stay informed and get more from your world. Subscribe now and never miss an issue.

Visit stylist.co.uk/subs or scan the QR code to subscribe

You can also call FREEPHONE 0800 318 846

*£4 EVERY QUARTER THEREAFTER BY DIRECT DEBIT

Fashion Insider

ALL THE NEED-TO-KNOW NEWS FROM EXECUTIVE FASHION DIRECTOR KITTY MCGEE

STYLE SHAKE-UP

A cut above

Spring's most understated trend was timeless tailoring. Beautiful suiting has long been in favour among fashion insiders and s/s 2023 is all about the finer details and wearable styles. Silhouettes are softer and subtle touches are key; from layered double shirting at Bottega Veneta to knitwear draped over tailoring at The Row and hidden fastenings and soft neutral tones at Joseph. Designers focusing on quiet luxury means beautiful runway looks, but for many of us it will translate as elevated essentials: a good quality, well-cut white T-shirt, sleek tailored trousers, trainers and a cosy knit.

Trousers, £140, Jigsaw (jigsaw-online.com)

Top, £625, Joseph (joseph-fashion.com)

Jacket, £45, Marks & Spencer (marksandspencer.com)

SUKI WATERHOUSE IN CLASSIC TAILORING AT NEW YORK FASHION WEEK

THE NEW DROP

M&S focus on bras

Marks & Spencer has launched a campaign to give breasts the same focus and attention as the rest of our bodies. Boob Positivity celebrates all shapes and sizes with a fitting service, run by 2,000 experts who fit 900,000 customers each year, and a new collection. Highlights include sports bras, stylish bralettes, seamless nursing bras and non-wired post-surgery bras. The underwear comes in understated neutrals and bright pops of colour, in sizes A-K cup.

marksandspencer.com

TAKE NOTE

RENT YOUR CANADA GOOSE

Luxury performance brand Canada Goose is working with Selfridges to make its most-loved and sustainable pieces more accessible to shoppers with a rental offering, powered by Hurr. The edit will be available to hire for 4-20 days, from £55, at selfridges.com.

Jacket, from £117 for four days, Canada Goose (selfridges.com)

CAN'T WAIT FOR

Dopamine dressing

Italian designer Sara Battaglia's latest collection for Marina Rinaldi launches this month and is a joyful celebration of the ongoing spirit of summer. True to both designers' aesthetics, there are useful trans-seasonal staples and statement day-to-night pieces. Highlights include a macramé lace cape, an emerald green oversized shirt, wide-leg striped poplin trousers and an abstract print pyjama set. The perfect pieces to ready your wardrobe for the new season ahead.

marinarinaldi.com

CAPSULE COLLECTION, FROM £210, SARA BATTAGLIA X MARINA RINALDI

TIME TO GET CREATIVE

From simple food ideas to energy saving hacks, three TikTok experts share their tips for hosting a dinner party, without having to splash the cash...

With winter dragging on as winter generally does, what we really need right now is something to look forward to. And what could be better than to host a nice little gathering, blow away the cobwebs and reactivate our social mojo?

However, being sociable comes at a price, and as the cost of living makes itself felt we all need to be a little bit more imaginative when it comes to stretching our budgets. But not to worry, from food and decor to energy saving there are a whole range of life hacks that we can use when entertaining our nearest and dearest. In fact, throwing a party on a budget can provide the perfect opportunity to do things a little differently – it's just a case of getting creative. In this case, necessity really is the mother of invention.

Fortunately, there is a whole world of help online that you can tap into to make things go with a swing – without breaking the bank. With that in mind we asked three top TikTok creators and experts in their field about #SavingMoney and how to throw a thrifty yet memorable get-together that'll boost the winter vibes for you and yours…

Ann Russell, author of *How To Clean Everything* (@annrussell03)

"When it comes to the food, set yourself up for success. You're not trying to impress people so cook food you are confident with. Try to cook in advance, so all you need to do on the night is heat up the food in the microwave and serve. The key word is party – the food needs to be enjoyable, not expensive.

"Check dietary requirements prior to the night and make sure you cater for everyone. Such 70s classics as beef bourguignon or coq au vin are fairly easy to make and can be very economical when made in a slow-cooker.

"As for decor, you can raid the garden or the park for greenery to decorate the table. Bunches of attractive leaves in jam jars or tied with ribbon can look amazing, especially if you use dark green napkins – and yes, paper napkins are fine. Lay up your table properly in the morning, then you'll have time to rectify any shortfall in the decor. Don't overcrowd the table either – you will have food, wine and elbows as well as decorations to make room for.

"FOR THE DECOR, YOU CAN RAID THE GARDEN OR THE PARK FOR GREENERY TO DECORATE THE TABLE"

"Aim for comfort – keep lighting gentle, ensure the place is warm when people arrive but remember that people generate heat, so don't overdo things! Dinner by candle light can be great fun and if the meal tastes better than it looks, it's a great way to disguise that. Music is great but keep the volume low and the TV off – you want people to talk to each other."

Tanya, aka the Queen Of Hacks (@tanyahomeinspo)

"A huge misconception about throwing a dinner party is that you have to splash out to make an impact. Many don't realise that you can create the 'wow factor' on a small budget. You don't need to buy lavish home decorations, fancy china plates or expensive cutlery. Chances are if you're hosting at home, then the space is already cosy and inviting. Added extras aren't crucial and may not necessarily impress your guests anyway.

"I personally enjoy making decorations rather than buying pre-made ones. This eliminates spending costs and adds a personal touch to any party. Bulk buy arts and crafts items to make your own or why not pick a theme you already have decorations for. Dust off the box in the attic and see what treasures you can up-cycle.

"It may sound simple, but using a checklist or planner is helpful in keeping you on the right path, especially if you're on a budget. Make lists of what you need before you shop. Knowing exactly what you have in mind beforehand helps you source things effectively and stops you overspending on items that go unused.

"Pot lucks are huge money savers. The idea is that you ask everyone to bring one dish and then you have a feast. Plus, it's a sure way to save the pennies while trying varied cuisine.

"IF YOU'RE HOSTING AT HOME, THEN THE SPACE IS ALREADY COSY AND INVITING. ADDED EXTRAS AREN'T CRUCIAL"

Ensure the dishes are within your guests' budgets and cooking abilities, be clear with your instructions and delegate where necessary. I usually create a shared link or WhatsApp group to track what everyone is bringing. Ensure you plan ahead or you may just end up with 10 dishes of macaroni and cheese.

"I love the 'colour food challenge' where everyone is assigned a colour and they have to bring food/snacks that resemble it. It's a great way to have fun, get creative and also spread out the costs between you and your guests.

"There is always help online from TikTokers like myself with hacks to meet your budget. Utilise us because we are to help!"

DO IT WITH TIKTOK

Why TikTok is the place to be for fun, creative and inspiring ways to help stretch your budget that bit further

From folded napkins to thrifty recipes, TikTok has created a series of #SavingMoney hacks to help you wage battle with the cost of living. True, the news out there at the moment isn't great but TikTok can help you weather the storm. Covering a whole host of lifestyle topics, TikTok has your back. Whether it's food, fashion, DIY or travel you need budgeting advice on, you'll find it here. So, join us and make use of the online community of experts just waiting to make your life that bit easier.

For home hacks and #SavingMoney tips, visit tiktok.com/tag/savingmoney and @stylistmagazine

TikTok

Tristan Welch, head chef at Parker's Tavern (@chef_tristan_welch)

"Cook the things that you really love to cook and then your passion will make the food taste better. Get ahead and plan in advance if you can. Cook something like a stew or a casserole, a curry, a lasagne – things that taste great the longer you cook them.

"Canapés are great and they don't have to be fiddly or expensive. Think of little things you can serve on toast. Or maybe try just a chicory leaf with a bit of pear, honey and blue cheese.

"Another great one is jazzing up some shop-bought hummus with a drizzle of oil, paprika and shallots – then just let people think you've made it yourself. Be thoughtful about the number of times you use your oven. If you're going to use the oven, work out what else you can use it for. For example, if you have veggies to roast and a chicken, then do them at the same time.

"YOU CAN LEAVE YOUR WHITE WINES AND BEERS OUTSIDE TO AVOID EXHAUSTING YOUR FRIDGE"

"Another tip: if the recipe says 40 minutes, switch the oven off at 30 minutes and the residual heat will keep it cooking for up to another 30 minutes which will save you a packet on your bills. Also, consider cold foods to help save energy. Charcuterie platters or a delicious cold salad can be just as worthwhile as something cooked. Another tip is to leave your white wines and beers outside to avoid exhausting your fridge.

"I think a lot of people are concerned about the cost of hosting at the moment, especially with fuel bills and the rising cost of ingredients. Plus, along with the stress of entertaining there are other considerations, but the key thing is to not overthink things and allow yourself enough time to enjoy being the host."

NOW YOU SEE ME

Meet beauty's new mood: Chanel's make-up ambassador Anna Payne gives us a lesson in championing bare skin with bold blusher, lacquered lips and statement eyes

BEAUTY DIRECTION & WORDS: BILLIE BHATIA
PHOTOGRAPHY: HARRIET MACSWEEN

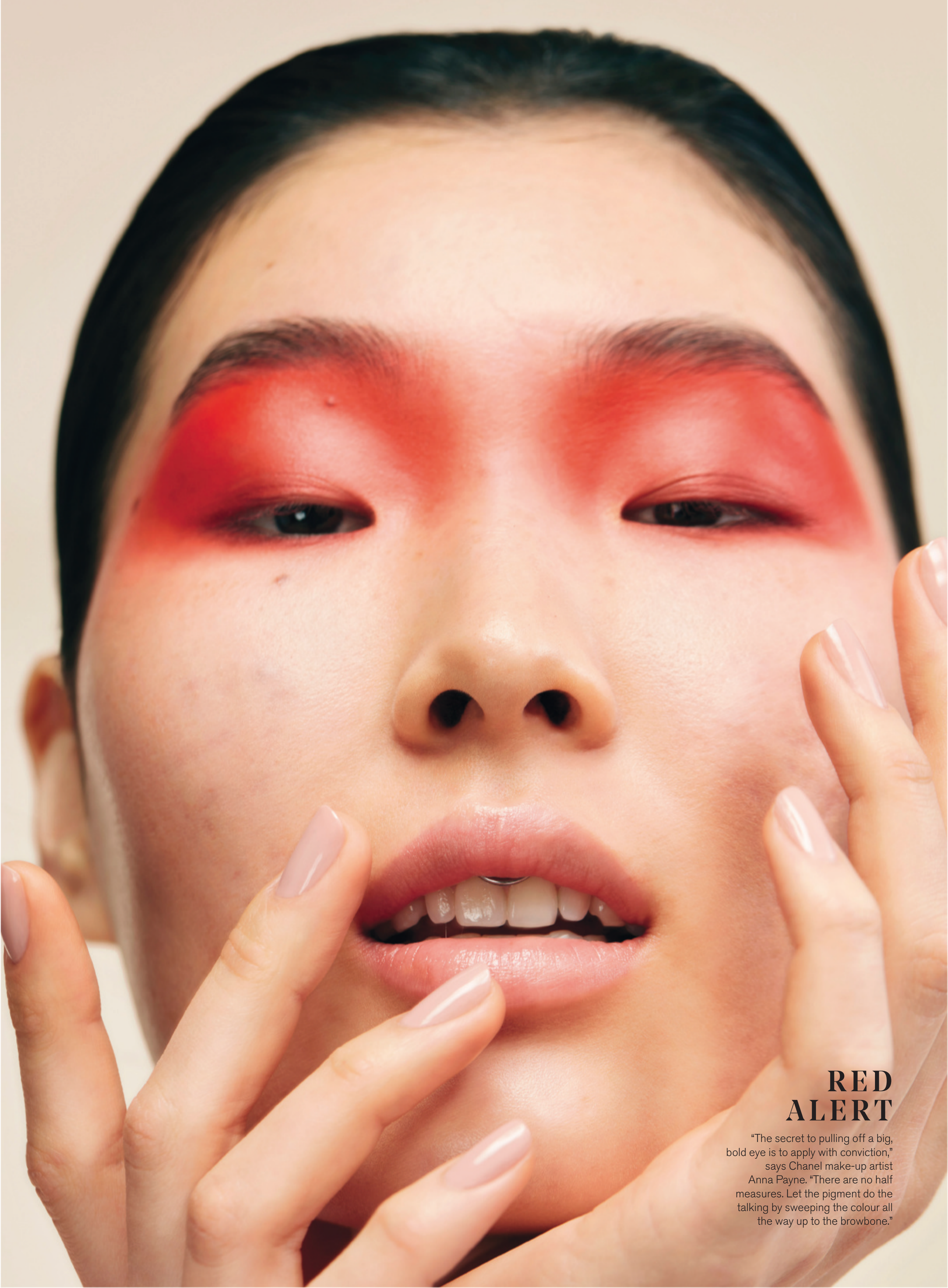
Full coverage foundation: those three words would make my ears prick up like overheard gossip. At 15, my first foray into make-up was a syrupy foundation that promised to eradicate any blemish, spot and pore from sight. Thick, heavy foundation was transformative, not only in making the wearer more beautiful, but acting as the gateway to the rest of your look – with a perfect base the make-up world was yours to discover.

For years we were trained to think conditionally about our skin. Social media's problematic filters brought that theory under a more intense lens. Why be your natural, beautiful self online when you could create the illusion of a flawless face? We were taught to conceal any imperfections before getting to the fun bit of make-up. Only then was it possible to drag brushes of colour across our face, add feline flicks to our eyes and smack our lips together with delicious pigments.

You could of course go all natural – a few dots of concealer, barely there mascara and a pinch of the cheeks – if you were hashtag blessed. But full-on make-up without full-on foundation seemed a step too far. That is, until the s/s 2023 catwalks. Sweeps of blusher were applied without the barrier of foundation at Christian Cowan, with bumps and pigmentation as visible as the blush itself. Etro made a case for a bold lip – and nothing else. At Batsheva, Halpern and Prabal Gurung, models' eyes were hooded with decadent glitter shadows, bejewelled wings and bursts of pastel pigments – all set against the lightest tint of coverage.

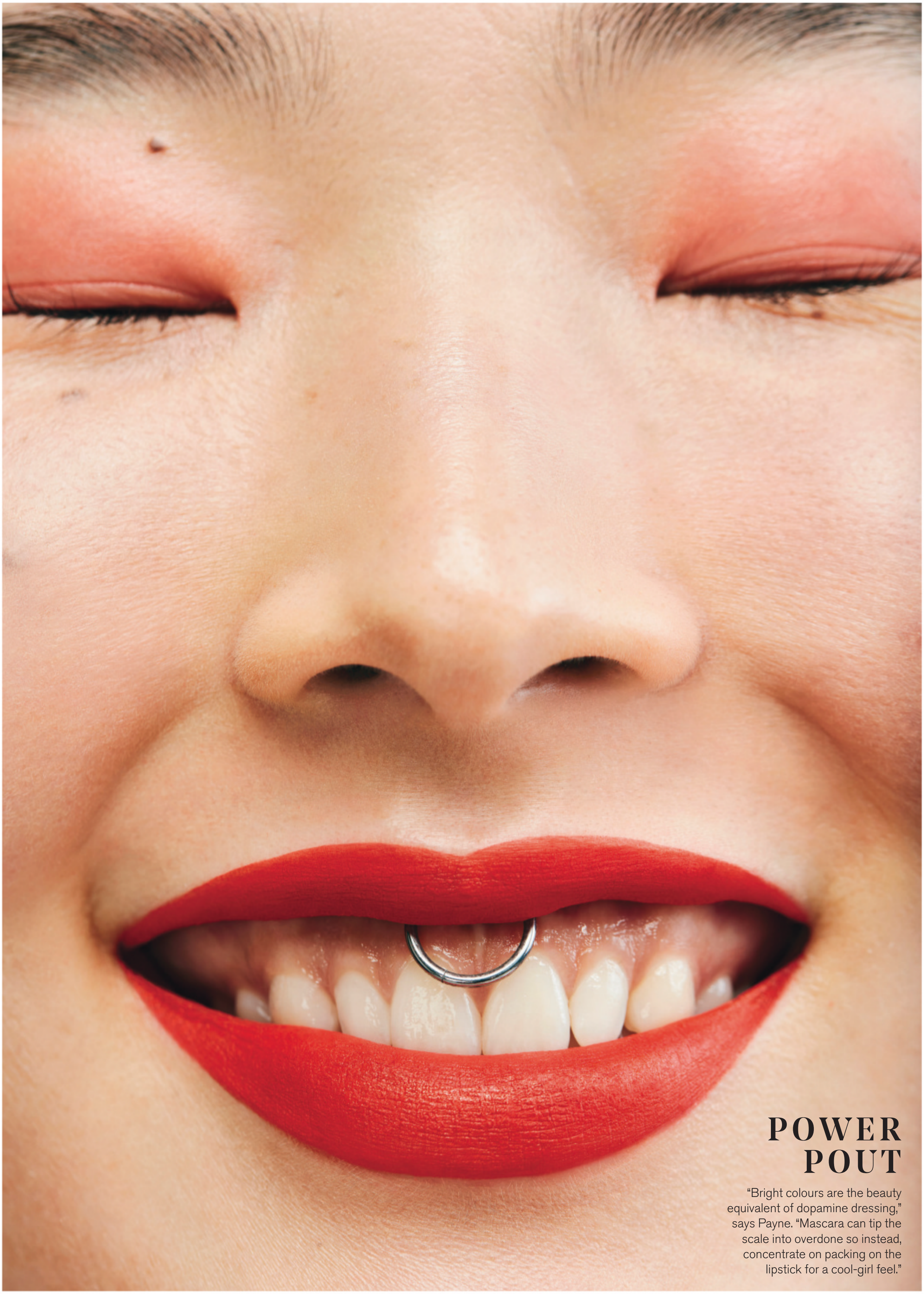
The idea that imperfect is normal, beautiful and natural – even on the most striking of models – was the lasting statement. While we have begun to see the ideal crumble online through the rejection of filters, to see real textured skin in real life, on the people who represent the pinnacle of beauty standards, felt like a seismic shift.

The beauty equilibrium is moving: the perfect base no longer makes the perfect face. Our collective skin is singing with realness and imperfections, from facial hair to acne scarring to pigmentation. Not only is there something infinitely liberating about letting the bits that make us unique shine through without fear or shame, freeing ourselves from forensically honing in on every blemish also leaves more time for experimentation and that's worth celebrating. It's a directive Chanel make-up artist Anna Payne, who created these beautifully bold looks, has championed for a while. "The notion of hiding our skin is outdated," she says. "Modern make-up is all about playing with self-expression, and once you let go of the idea of covering your skin, the colour can take centre stage."



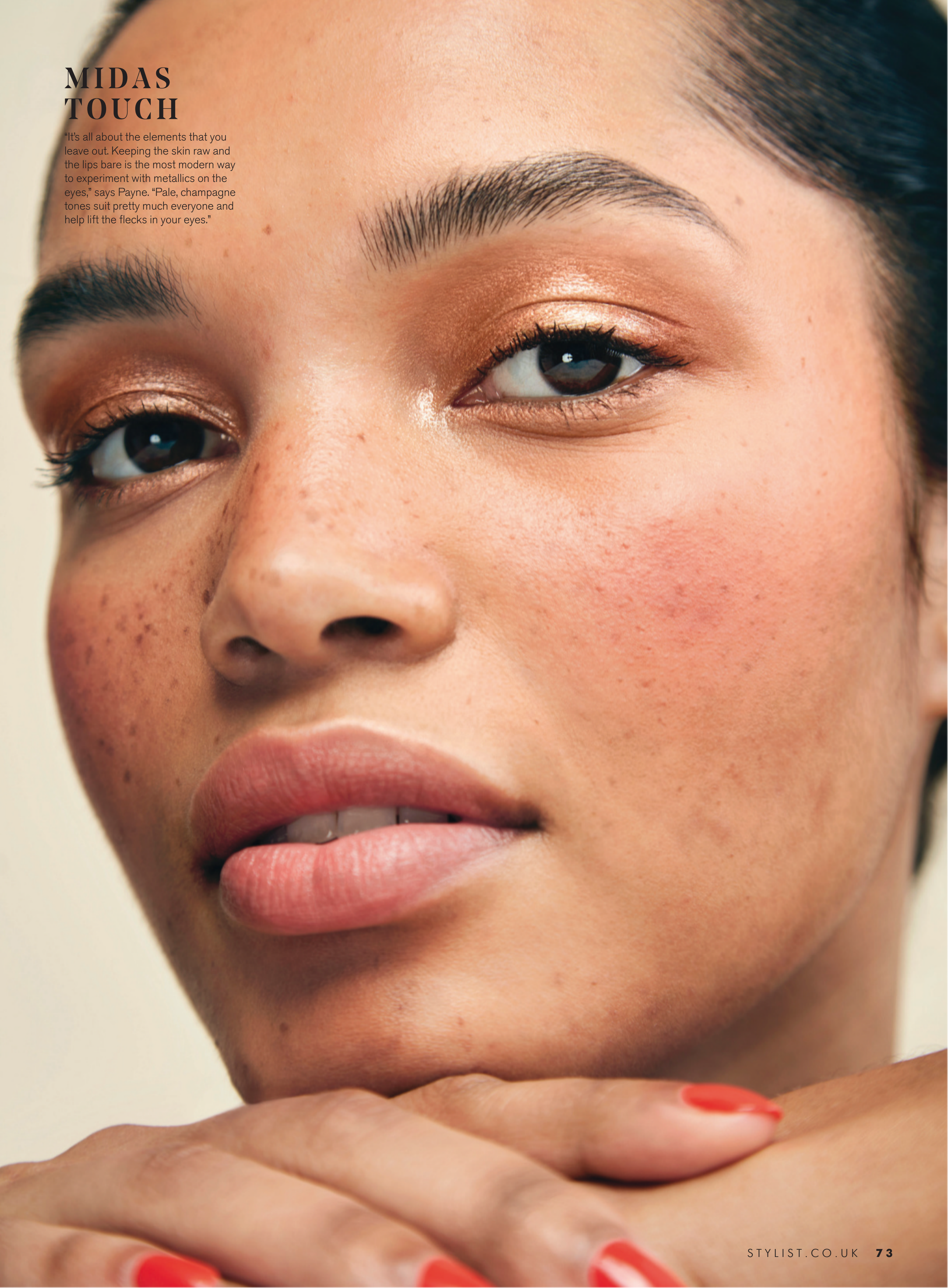
RED ALERT

"The secret to pulling off a big, bold eye is to apply with conviction," says Chanel make-up artist Anna Payne. "There are no half measures. Let the pigment do the talking by sweeping the colour all the way up to the browbone."



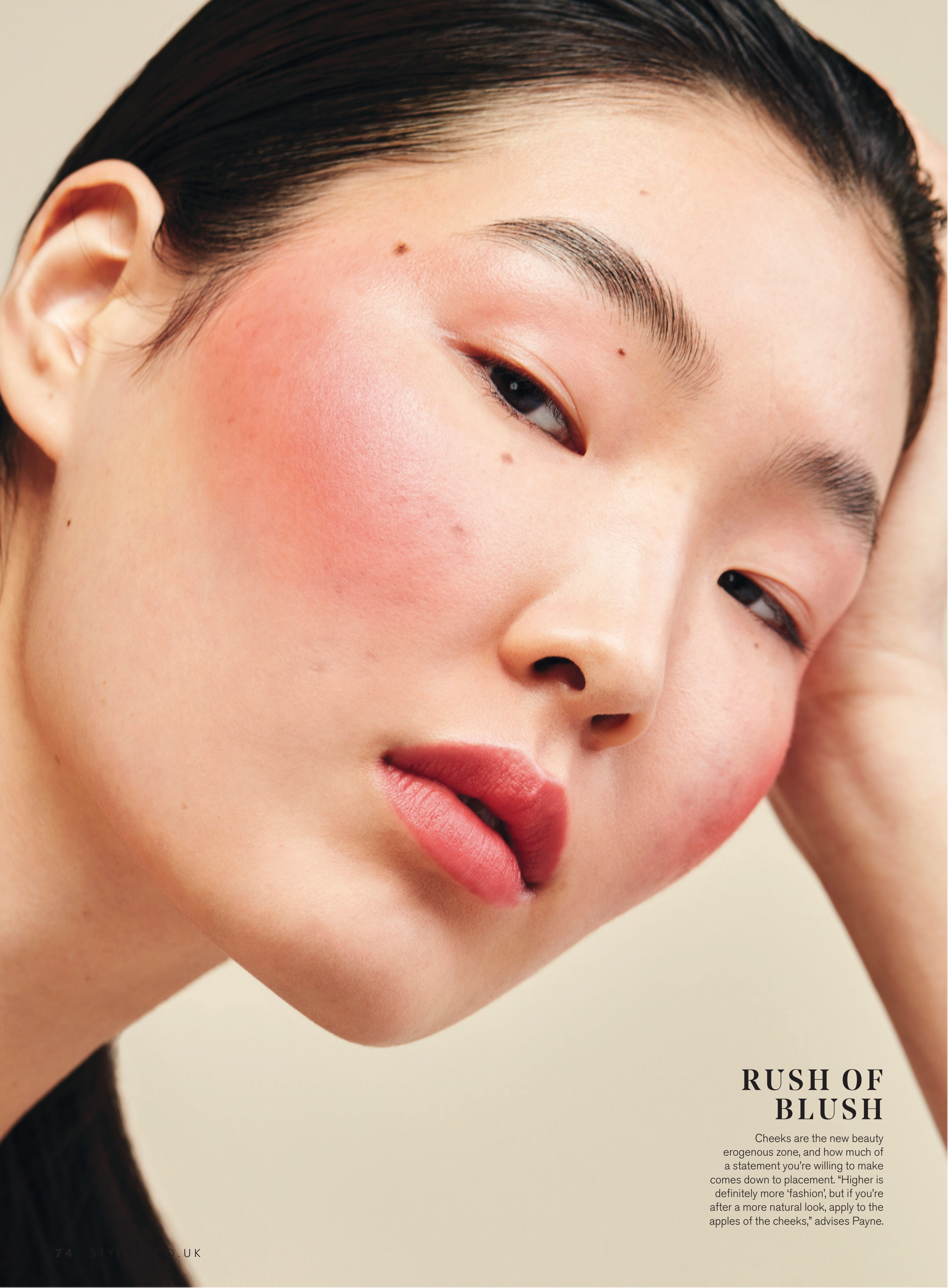
POWER POUT

"Bright colours are the beauty equivalent of dopamine dressing," says Payne. "Mascara can tip the scale into overdone so instead, concentrate on packing on the lipstick for a cool-girl feel."



MIDAS TOUCH

"It's all about the elements that you leave out. Keeping the skin raw and the lips bare is the most modern way to experiment with metallics on the eyes," says Payne. "Pale, champagne tones suit pretty much everyone and help lift the flecks in your eyes."

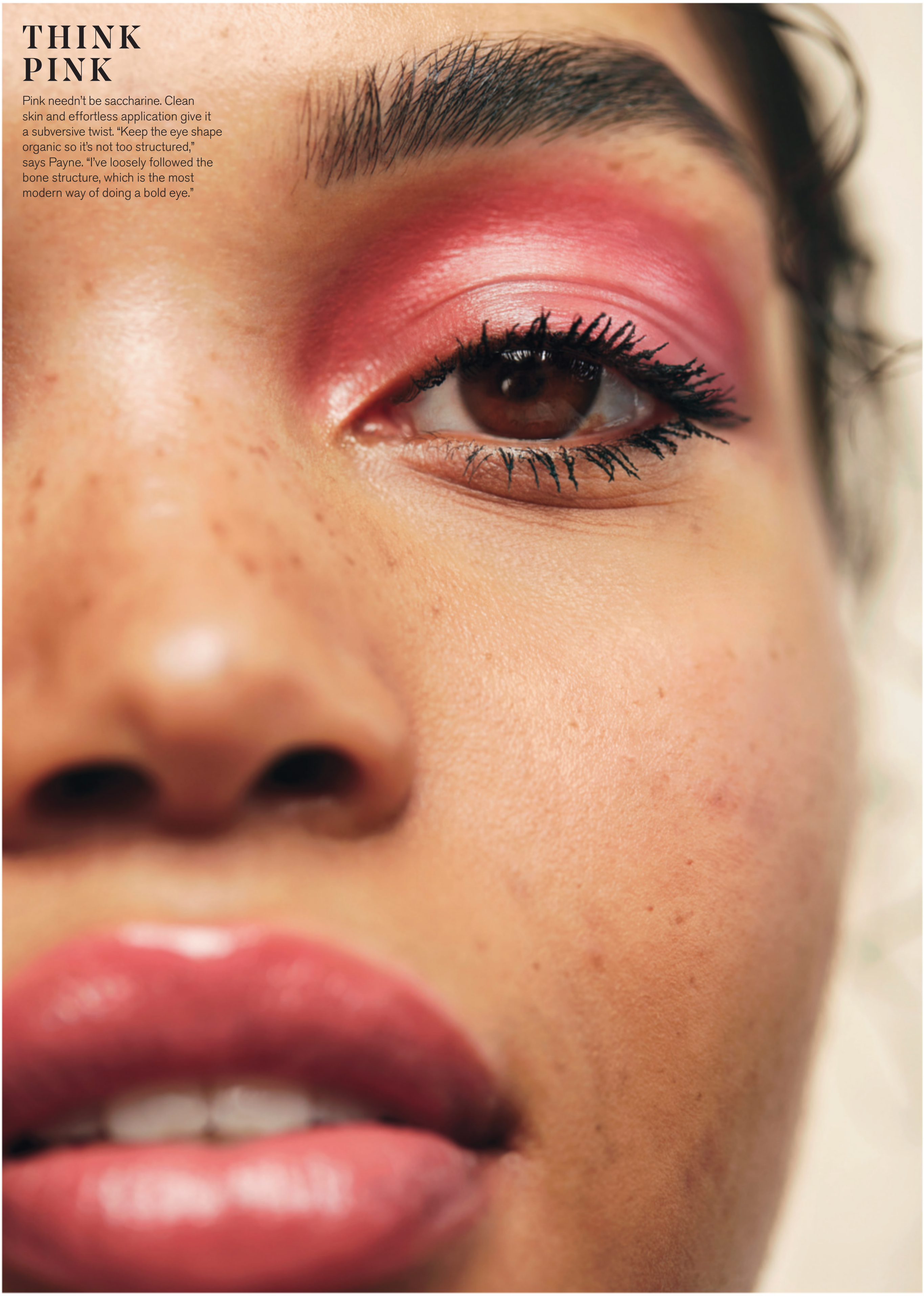


RUSH OF BLUSH

Cheeks are the new beauty erogenous zone, and how much of a statement you're willing to make comes down to placement. "Higher is definitely more 'fashion', but if you're after a more natural look, apply to the apples of the cheeks," advises Payne.

THINK PINK

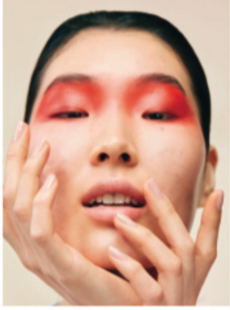
Pink needn't be saccharine. Clean skin and effortless application give it a subversive twist. "Keep the eye shape organic so it's not too structured," says Payne. "I've loosely followed the bone structure, which is the most modern way of doing a bold eye."



ADDITIONAL WORDS: CASSIE STEER MAKE-UP: ANNA PAYNE USING CHANEL HAIR: ZATEESHA BARBOUR AT LMC WORLDWIDE
NAILS: MICHELLE HUMPHREY AT LMC WORLDWIDE MODELS: SARYUNA AT LINDEN STAUB AND LANA AT IMM AGENCY CASTING: MELISSA SCOTT

HOW TO GO BOLD

Make-up's new mandate is all about fresh, untempered skin counterbalanced by unapologetic swatches of colour, from power pouts to overblown blusher



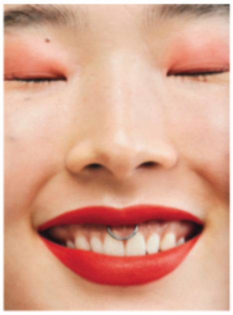
RED ALERT

Keep a bold eye fresh by pulling back on other elements. Skip mascara but brush up brows with Zara's beloved Eyebrow Gel, £9.99.

JONES ROAD
LIPPIE STICK / STICK À LÈVRES

Add a slick of softly scented Jones Road The Lippie Stick, £18, for hydrated, cared-for lips that don't detract from the main player.

Brush the red shade from Chanel's Les 4 Rouges Yeux Et Joues in Caractére, £69, onto the lids up to the browbone for an ombré effect.

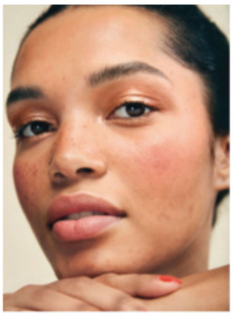


POWER POUT

Use a brush to perfect your ideal lip shape before going in with Chanel's Rouge Allure Velvet in 48 Ardente, £35, to amp up the density.

Balance a bold lip with a sweep of eyeshadow in the same colour family à la Chanel's Les 4 Rouges Yeux Et Joues 957 Tendresse, £69.

Going mascara-free doesn't need to mean ungroomed: give lashes some subtle definition with Hourglass's Lash Curler, £30.



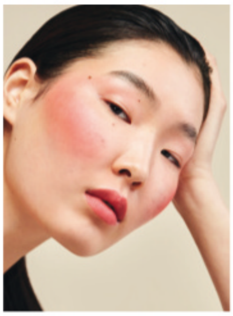
MIDAS TOUCH

Smudge Chanel's Stylo Yeux Waterproof, 72 Or Rose, £31, over the lid with your fingers, taking it just past the socket line for an ethereal finish.

To anchor a pale colour and give definition to the eye without eyeliner or contouring, apply Chanel's Noir Allure Mascara in 10 Noir, £37.

LE VERNIS
CHANEL

Elevate a neutral make-up look (and dreary winter days) with a pop of bright nail polish like Chanel's Le Vernis in 967 Watermelon, £25.

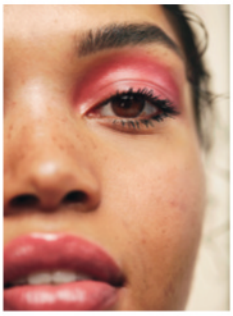


RUSH OF BLUSH

Build up your blush – we used Chanel's Joues Contraste Powder Blush in 320 Rouge Profond, £38 – to an intensity designed to be seen.

A swipe of Ilia's Natural Brightening Eye Primer, £23, over the lids makes the overall impression considered without looking overdone.

Pat a hint of Chanel's Rouge Allure Velvet lipstick in 46 Magnétique, £35, onto the lips and centre of the cheeks for a fresh, cohesive look.



THINK PINK

Start at the lashline and work outwards following the natural shape of your eye with 19/99's Precision Colour Pencil in Rozsa, £19.

Glossy textures are a great visual distraction. Add a swipe of Chanel's Baume Essentiel, Rouge Frais, £35, to lids and lips for tonal perfection.

Layer up lashings of L'Oréal Paris' Telescopic Lift Mascara, £12.99, brushing through for fully loaded lashes that still have a flutter to them.

STOCKISTS: 19/99 (SPACENK.COM), CHANEL (CHANEL.COM), HOURGLASS (HOURGLASSCOSMETICS.CO.UK), ILIA (SEPHORA.CO.UK), JONES ROAD (JONESROADBEAUTY.COM), L'ORÉAL PARIS (BOOTS.COM), ZARA (ZARA.COM)

You're invited to the Stylist Restival

THE
STYLIST
RESTIVAL

On Sunday 26 February we're back for another year of Restival, this time hosted at the Mondrian Shoreditch hotel, and we want you to come. Take a look at the sessions we've got lined up

THE POWER OF BREATH

We'll start the afternoon's proceedings gently with Mira Manek, author of *Prajna: Ayurvedic Rituals For Happiness,* who will lead us in a calming 20-minute breathwork practice, to exhale all of the week's stresses.

IT'S NOT YOU, IT'S THE MOON

Kirsty Gallagher, soul and moon mentor, and bestselling author of *Lunar Living: Working With The Magic Of The Moon Cycles*, will share her knowledge of the night sky, including why a full moon can disrupt your sleep.

HOW TO PRESS PAUSE AND RESET

How many of us feel guilty when we rest? Giselle La Pompe-Moore, speaker, trauma-sensitive meditation teacher and author of *Take It In*, will lead an eye-opening session on the importance of putting your needs first.

THIS TALK WILL MAKE YOU SLEEP BETTER TONIGHT

From how your gender affects the quality of your sleep (clue, being a woman doesn't help) to the best position to lie in at night, Silentnight sleep expert Hannah Shore reveals some important pieces of sleep science.

WHAT DOES SLEEP SOUND LIKE?

Whether you've heard of ASMR (autonomous sensory meridian response) or not, you'll feel instantly relaxed as a leading sound therapy practitioner and ASMR creator takes us on a sound journey that will give you the tingles and lull you towards the deepest of sleeps.

THE WIDE-AWAKE FACE WORKOUT

To send you back into the world feeling and looking rested, master trainers Bethan Pearce and Luke Bajjon from pioneering skincare brand FaceGym will lead us in a workout for the face to tone and energise tired skin.

JOIN US FOR RELAXING, INTERACTIVE WORKSHOPS

VIP GUESTS WILL ENJOY AN OVERNIGHT STAY AT MONDRIAN SHOREDITCH

A DREAMY YOGA FLOW

Sleepover guests will be invited to two additional sessions to help soothe them into the deepest, most restful night's sleep. First, led by the founder of Mindwalk Yoga, Zakiya Bishton, prepare to welcome some serious slumber with a special bedtime yoga session.

YOUR PRE-BED SOUND BATH

Also for the overnighters, Reiki master and sound meditation teacher Jaha Browne leads a meditative experience where participants are bathed in dreamy sound waves.

GET YOUR TICKETS AT STYLIST.CO.UK/RESTIVAL

◆ Day ticket: £49 (includes six sessions and workshops, refreshments and a goody bag worth over £150)

◆ Sleepover VIP ticket: £220 (includes all the above plus an overnight stay at the Mondrian Shoreditch in a standard room, dinner with some of the *Stylist* team at the Mondrian's Bibo restaurant, breakfast the next day, plus the two extra evening sessions and an additional goody bag also worth over £150)

Silentnight

MONDRIAN
SHOREDITCH LONDON

THE CURTAIN

PHOTOGRAPHY: GETTY IMAGES, BRONAC MCNEILL, NIALL CLUTTON

5 MINUTE PHILOSOPHER

THE MEANING OF LIFE IN 21 PROBING QUESTIONS

Amy Powney

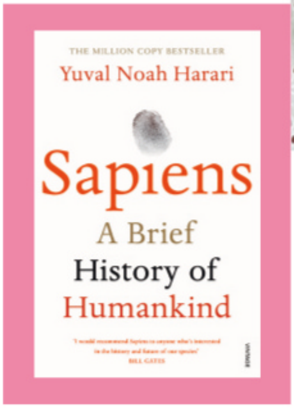
What will the Mother of Pearl founder make of our existential questions?

AMY POWNEY IS ON A MISSION TO MAKE THE FASHION INDUSTRY MORE SUSTAINABLE

What is the meaning of style?
Sustainability and transparency. We should all be making more considered choices. I would love to see people pay for ethics over logos.

What item of clothing always reminds you of your childhood?
My sister and I in matching shellsuits. Even my mum and nan had one!

Where is your happy place?
My home in Walthamstow with my husband Nick, our two young children, our dog and cat. It's my comfort blanket.



Vintage or catwalk?
As I design clothing I should say catwalk, but only if those pieces are going to stay in my wardrobe forever.

Is it more important to be liked or respected?
Both, being a kind person doesn't mean you can't be well respected.

Blunt bob or 90s volume hair?
I have fine hair so my alter ego would say 90s volume.

If you could be remembered for one outfit what would it be?
My signature look – jeans and a T-shirt, as I don't think you can ever regret it. Looking back at the film [*Fashion Reimagined*, about Powney's journey for her brand to be fully sustainable], I'm questioning some outfit choices.

Who is the most stylish person you know?
Nick. He's effortless but always knows how to buy for the house or himself. He's from a visual merchandising background and now we work together.

Are you fatalistic?
I think everything happens for a reason; we might not know what it is, but we land where we should. I question where we are as a species and the things we do to the planet, but I have to have faith there is a natural order.

Lingerie as outerwear or muted suiting?
Definitely muted suiting.

"MY SIGNATURE LOOK IS JEANS AND A T-SHIRT – I DON'T THINK YOU CAN EVER REGRET IT"

Which lesson has been the hardest to learn?
That I'm not always right. However I've found that mistakes can be a gift; you tend to learn something and they can take you in a different direction.

Sequins or leather?
Am I allowed to say neither? Sequins are incredibly bad for the environment and I try to avoid leather as much as I can for ethical reasons.

What is the most precious thing in your wardrobe?
My different variations of our Wren coat. I have my clean, special ones and grubby ones for the park with the kids.

How would you sum up your style in three words?
Understated with a twist… that's four, sorry!

What food sums up happiness?
I've got into Ayurvedic philosophy recently: eating to nourish, sustain and repair. I still have chocolate daily, though. I would feel lost without it.

What book do you recommend most to others?
Sapiens [by Yuval Noah Harari]. It helps put humans into perspective.

What do you want to see more of in fashion?
Transparency about where our clothes come from. I want consumers to have the right information and power to decide – so less greenwashing.

What's one thing you don't understand?
I understand it but can't accept it… we have the solutions at our fingertips to tackle some of the world's biggest issues and don't use them.

If fashion was an emotion, what emotion would it be?
Perplexed: some days I feel hopeful and others I feel heavy and dejected.

What is your greatest fear?
That we leave it too late to tackle climate change.

Pockets or handbag?
I wish for pockets but as a mum I make use of my small bag daily, from chic crossbody to using its strap to pull along my daughter on a scooter!

***Fashion Reimagined* is in cinemas from 3 March**

AS TOLD TO: HELEN BOWNASS PHOTOGRAPHY: TOBY COULSON

Top up from anywhere on the sofa or on the go

If you already prepay for your energy, a prepay smart meter can help you keep an eye on your energy usage. They also let you top up your gas and electricity online.

Search 'get a smart meter' today.

smart meters
Join the energy revolution

Smart meter display and figures are for illustrative purposes only.
Consumer action required. Eligibility may vary.
ALBERT EINSTEIN rights licensed by the H.U.J./BEN Group, Inc.

MAXMARA.COM
MaxMara